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SENSATIONAL READY-TO-BUILD
5 BEDROOM BARN
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that's the breaks.

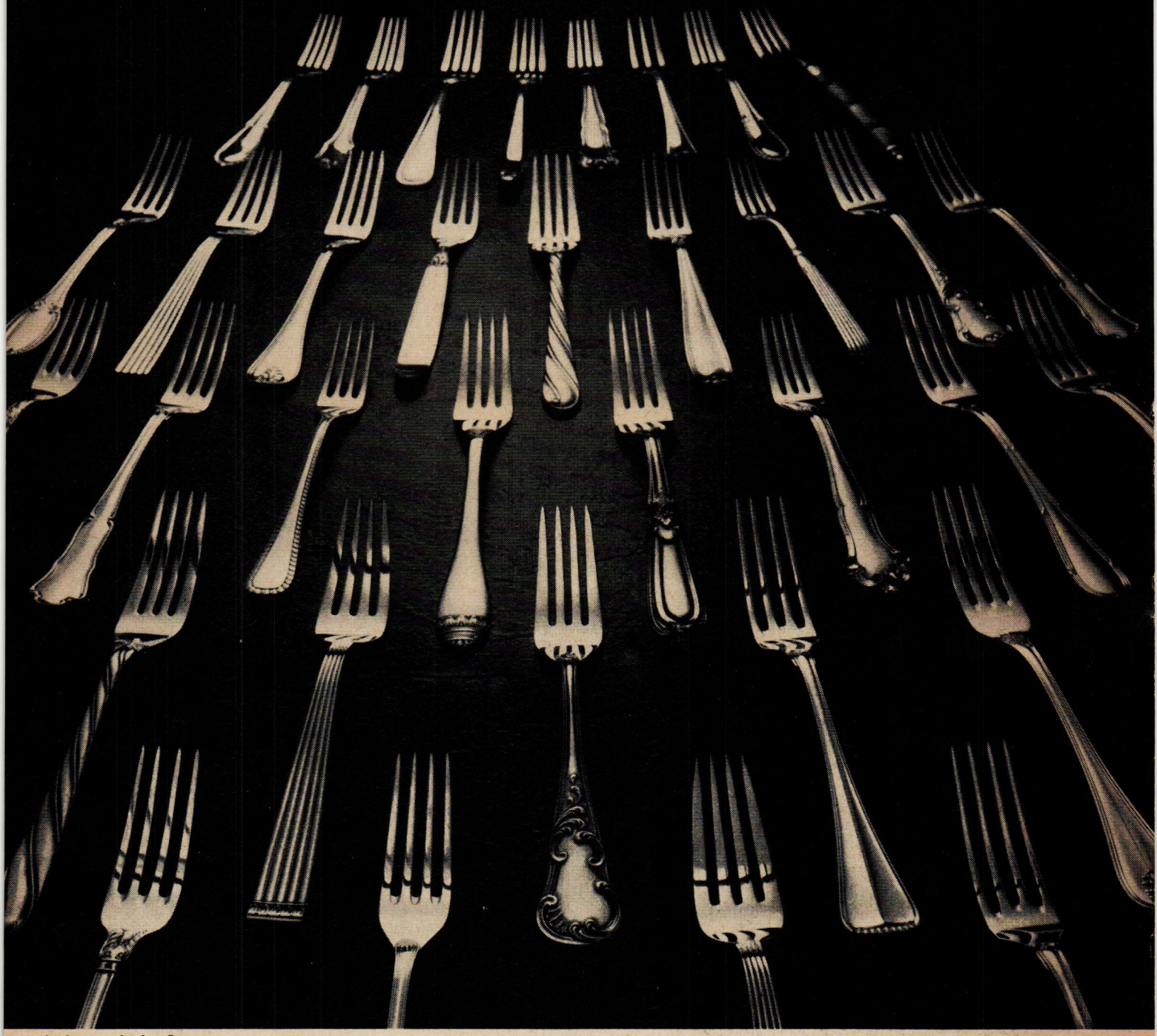


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For complete warranty details on Thermador products see your Thermador dealer or write Thermador, 5119 District Blvd., Dept. B., Los Angeles, Ca. 90040.



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JUNE 1977

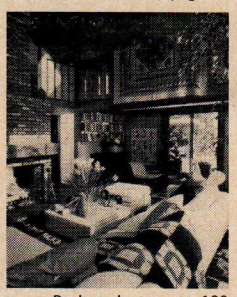
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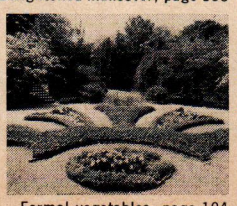
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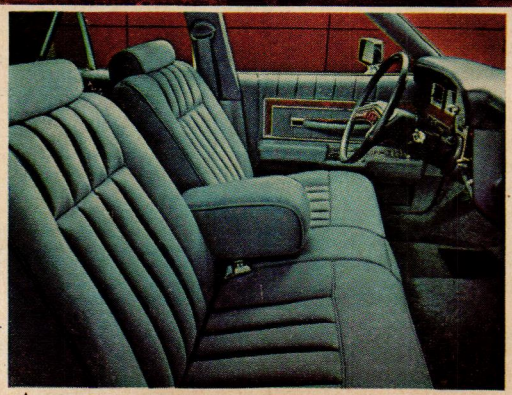
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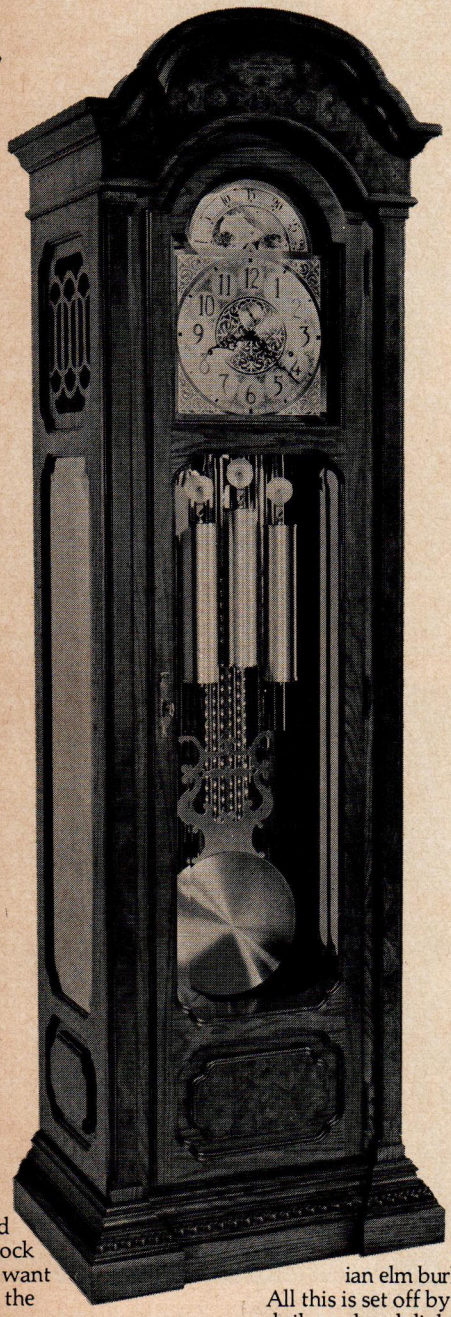
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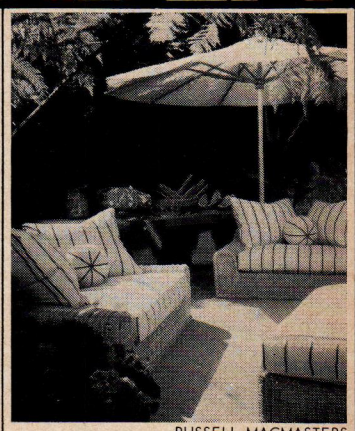
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RUSSELL MACMASTERS

On the cover: You don't have to go far to make the most of summer. A trip to the back porch or rooftop deck can give you all the refreshment and relaxation you need, especially if you put nature in your plans. Designer Michael Taylor turned his back patio into an outdoor garden room, filling it with potted plants and comfortable wicker furniture he designed for Mrs. Norton Simon. Fabric from Glant. Umbrella, The Wicker Works. Jack Lenor Larsen rug. Shopping, page 148.

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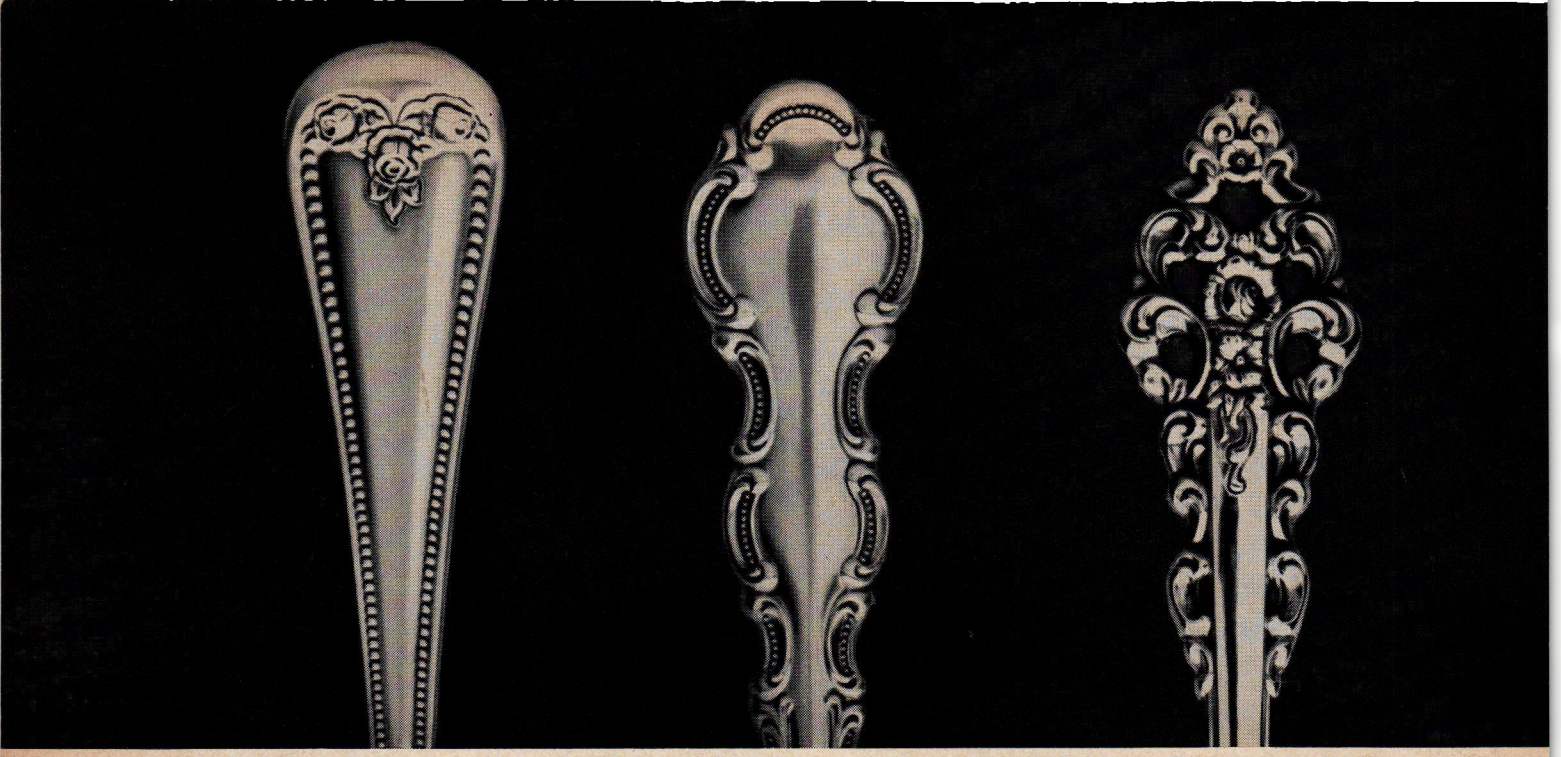
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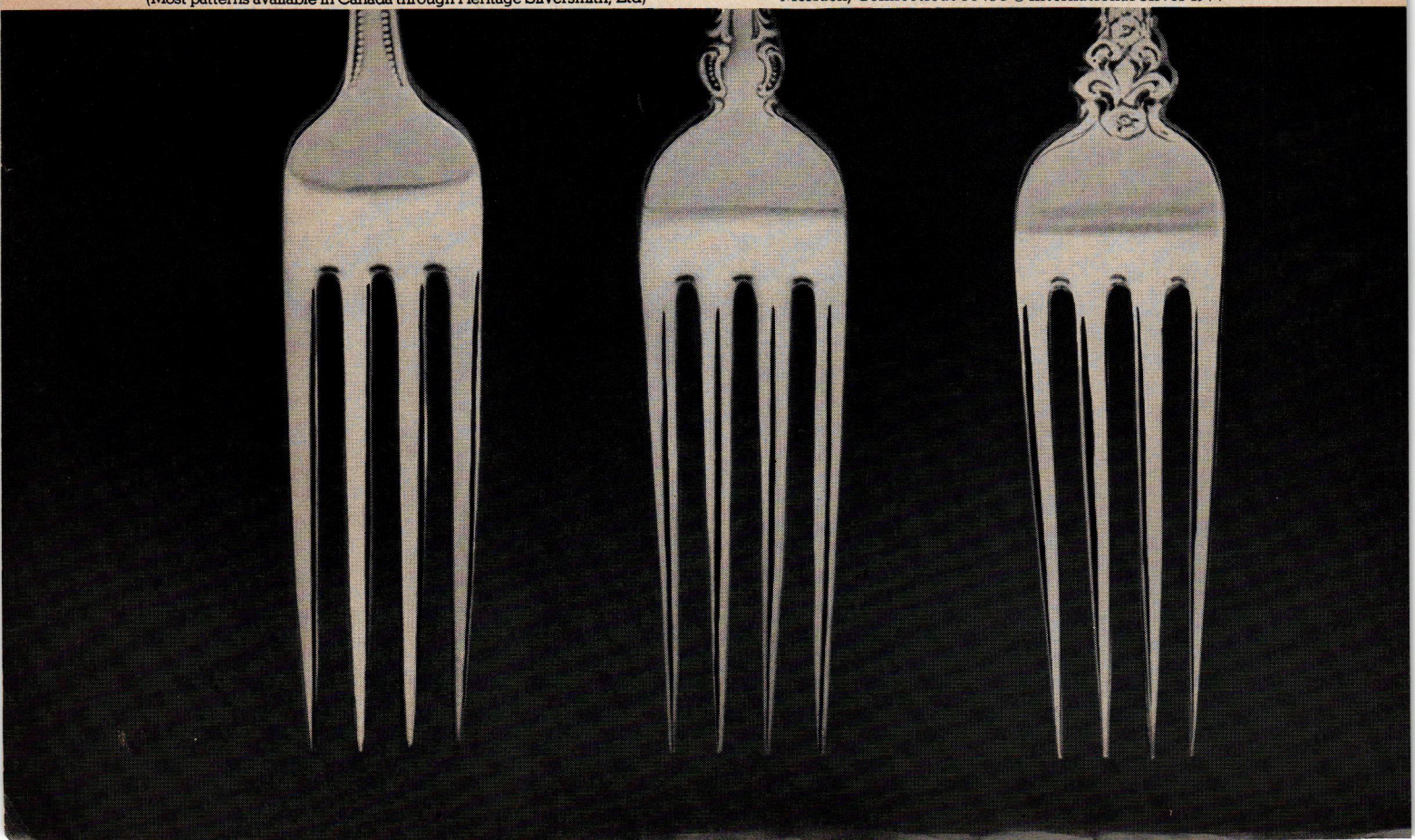
Left to Right: Stratford • Chamonix • Trevi
(Most patterns available in Canada through Heritage Silversmith, Ltd)

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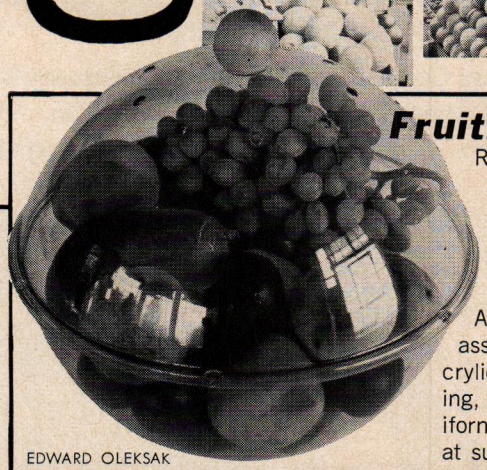
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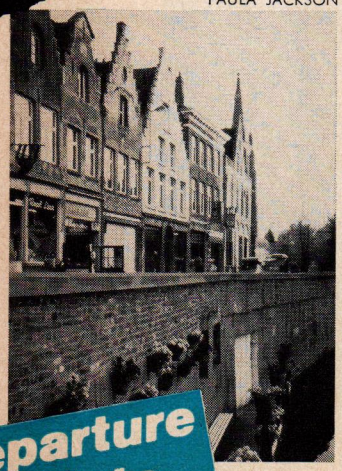
EDWARD OLEKSAK

Fruitful find

Ripen fruit scientifically in this bowl designed by researchers at the University of California in conjunction with the California Tree Fruit Agreement, a grower's association. The clear acrylic bowl hastens ripening, impedes shriveling. California Fruits Ripening Bowl at supermarkets, $3.99.

Departure points

PAULA JACKSON



Bruges's flower-lined canals

Belgium: Small is beautiful

Belgium is small enough to know well in a single visit. But there's one city, Bruges, I'd adore being lost in! Bruges is a mood, and the best way to fathom it is to walk through it or float around it. Since Bruges was built in the 9th century as a river port, dramatic changes in the Zwin estuary put about 30 miles of land between Bruges and the sea. The ancient canals lace the town, making small islands of parks, cathedrals, and provide wonderful canal-side dining. Streets are very narrow and cobblestoned—crepe-soled shoes or sneakers are a must. Begin at the Béguinage—an acre-large garden/park enclosed by a square of 12th-century houses. It was both a finishing school and a sanctuary for devout women. It has since been a convent, and is now, on a very limited basis, a retreat for anyone who'd appreciate an ascetic weekend's rest. From the Béguinage, it's a 15-minute walk to two of the world's most famous museums: the Memling and the Groeninge, which contain the most exquisite Flemish paintings. From the Groeninge, it's only another 20-minute walk to the Place Nancy which is Bruges's Grand Place—a spectacular three-sided square of architectural façades of red stone, sparkling glass, and gold leaf that shows an almost uninterrupted 600 years of European design. Here *the* romantic place to stay is The Duc de Bourgogne, with its ten *chambres*. Rent a motorboat at dusk to ply through the last Camelot left. Warning! Eat lightly. The food is utterly delicious and very, very rich for American stomachs.

Bruges Bests

Fly to Brussels on Sabena and take the train to Bruges—the trip only takes about an hour. A delightful spot for a canal-side lunch is "'t Bourgoensche Cruyce," Wollestraat 41. The *orange givrée* is a hollowed-out orange, stuffed with sherbet, frozen brick hard, and served with the merest dollop of whipped cream. . . . If you drive to Bruges, stop at Ghent and take a boat cruise down the Leie. PAULA RICE JACKSON

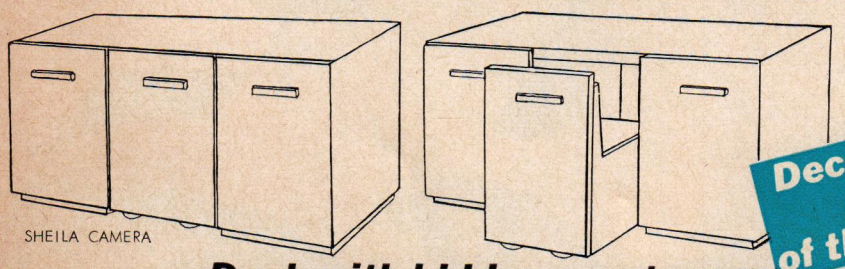
Uncommon market

Do you dream of a local store that sells fresh, homemade breads, cookies, and pies, plus the best teas, jams, and jellies in the world, plus all those impossible-to-get utensils and party accessories? Martha Stewart has just opened the Market Basket, a store-within-a-clothing-barn called the Common Market, in Westport, Conn. Using her catering experience (see page 92), she has organized a "guild," as she calls the local women who provide the delicious fresh foods for sale. The store also has distribution rights to Fortnum & Mason products in Connecticut. You can also find real French *saucisson* made for her by the chef who provides New York's Veau d'Or, and delights like Liberty print napkins and recipe cards painted in the prettiest watercolors by her assistant Vicky Negrin. You can buy take-out hot soups, picnic baskets for beach and boat. Mrs. Stewart says, "I want to have things here that nobody can find elsewhere in Connecticut."



Market's Martha Stewart

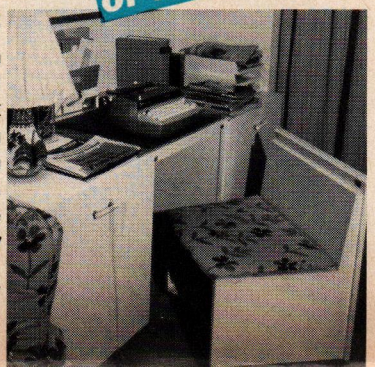
Decorating idea of the month



SHEILA CAMERA

Desk with hidden assets

For a busy woman writer's bedroom, interior designer Melvin Dwork created this desk and chair unit to save space, conceal clutter. The chair fits flush with the front edge, rolls in and out of the kneehole space on castors. Dwork adapted the idea from antiques. "Many elaborate desks, made in the 17th to 19th centuries, had similar invisible chairs," he says. "They were in my mind when I designed this modern version." Custom made in white Formica. Write Melvin Dwork, 425 East 51st St., New York, N.Y. 10022.



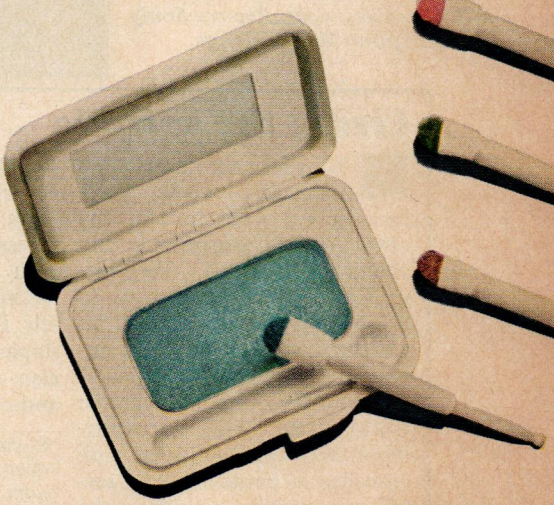
HORST

Les 'Shadows Français' Sont Ici!

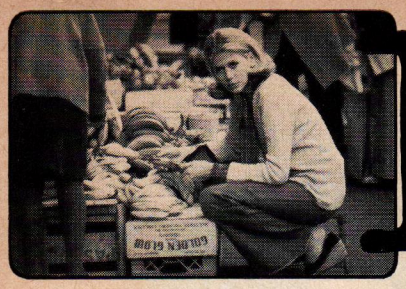


The eyeshadows that have been helping to keep Frenchwomen's lids from drying out are now here! Luscious, frosty "true colors" that are cushioned in moisture to care for and condition your delicate eye area. And with the pearl bonded to the pigment, there is no separation. No flaking. Just "true color" shining through. Vive la différence!

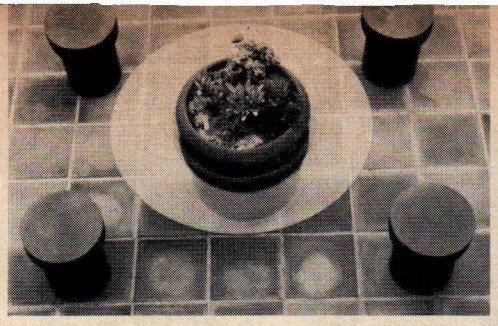
Helena Rubinstein
The Science of Beauty



© Helena Rubinstein, Inc. 1977. Poncho: Charles Suppon for IntreSport. Hat: Frank Olive

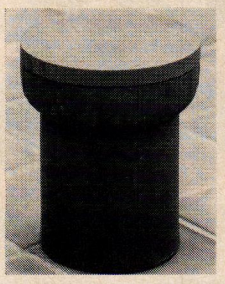


Living



KEN BROWAR



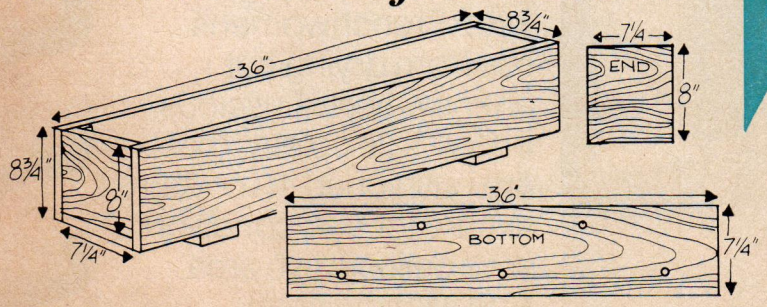


Left: Pipe with diverter plug makes stool. Four group around table (top) on a tiled patio. Above: pipe as planter.

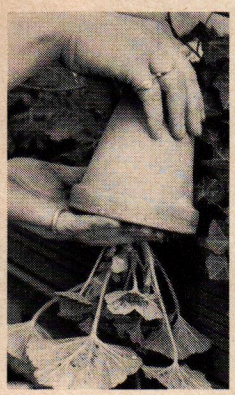
Patio pipeline

Californian Ruth Leserman has found patio furniture that's cheap, indestructible, and needs no maintenance from a plumber's supply company. Stock lengths of terra-cotta clay plumbing pipes are turned into bases for tables, stools, ashtrays, and plant stands. "They blend in with our terra-cotta tile terrace. It's a simple idea—best of all, this is patio furniture which has no pretension." She also nests pipes into a wine rack. "The clay keeps bottles at a controlled temperature." Pipes cost from $1 to $14 according to size and length. To make the stools, buy diverter plugs for the seats. For ashtrays, place a pie tin in the top and fill with sand.

Summer start for windows









Top: Saw window box pieces with the grain of the wood; left: lay an inch of pebbles; right: Rap pot firmly to loosen plant; Maggie Geiger.

Maggie Geiger runs a complete window-box service that others may want to copy. She will talk with you to find what type of box is best for your house or apartment; she'll get you the box, the plants, do the actual planting, and install the box in your house. She'll even maintain it while you're vacationing and advise you on the best ways to keep it looking its best yourself. She designed this window box with California redwood but you can make it with pine.

MEASUREMENTS: 2 ends, 7¼ by 8 by ¾ inches thick; 2 sides, 36 by 8¾ by ¾ inches thick; bottom, 7¼ by 36 by ¾ inches thick; brass screws.

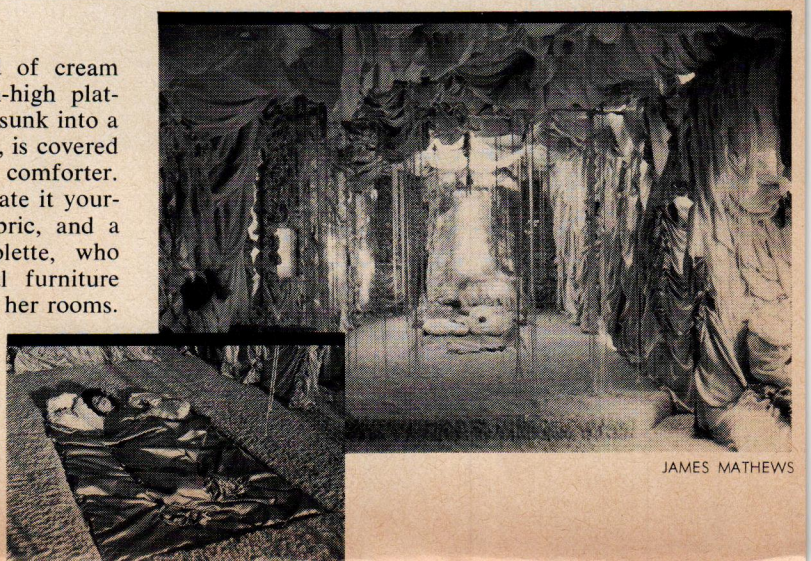
ASSEMBLY: Apply yellow resin glue to the edges of each piece as you work. Screw the side pieces through the outside to the bottom. Drill 4 or 5 half-inch-diameter drainage holes into bottom. Slip end pieces into the space between the sides and screw.

FINISHING: Apply two coats of Cuprinol to the inside of box; paint outside and in with two coats of paint, extending the inside coat to an inch below the soil line. When completely dry, plant.

PLANTING: Place convex pieces of broken crockery over each drainage hole. Add an inch of pebbles or crock the length of the box. Using your own mixture or prepackaged potting soil, fill half the box full. "Decant" the plants from their pots and place about 7 inches apart—upright plants in the back, cascading plants toward the front. Add more soil around each plant to within an inch from the top of the box and tamp down along the sides to eliminate air pockets. Lift the whole box and plunk down firmly on your potting table to settle the soil. Water thoroughly. Ms. Geiger has written *The Window Box Primer* (Popular Library) with her mother, Lavinia Russ, to be published early next winter. The Window Box, 334 East 30th Street, New York, N.Y. 10016. (212) 686-5382.

Living the soft life

If suddenly everything today is romantic "that's because we went too far the other way and became too mechanically oriented," says artist Colette. "Now we have to bring back the emotions." In Colette's sensuous fabric environments, which she has created for museums all over the world, walls, ceiling, and sometimes floor are wrapped with cascades of parachute silk, satin, or muslin—stirring the senses, softening hard edges, muffling city sounds. In her own brand-new loft bedroom, *right,* the floor is a field of cream carpet on a 6-inch-high platform. The mattress sunk into a recess in the middle, is covered with a blue satin comforter. All you need to create it yourself is yards of fabric, and a staple gun—or Colette, who also designs special furniture and clothes to go in her rooms.



JAMES MATHEWS

Right: Colette sleeps under a satin comforter, in her loft bedroom, far right, swathed with fabric.

The most important thing that ever happened to your hair!



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And smooth hair shafts mean body, bounce, shine and softness for your hair.

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Living



Exercises from the fencing book that improve balance, tone muscles, limber waist.

GUY SHERMA

Parry awhile?

Health

Actress, model, fencer, Camille Lowndes has turned author. *Foil Around and Stay Fit* (Harcourt Brace Jovanovich, $12.95), is more than a guide for would-be fencers. The graceful exercises in it can be used to trim and slim, improve physical balance, mental alertness, even, she says, your sex life. "You will function better physically when you have the confidence that your body is prepared to meet the demands that the imaginative mind might command." Fencing, she also feels, develops the sensitivities.

Basil for summer salads

Basil slips silently, but far from unnoticeably, into numerous dishes on our table, including those scrambled eggs I often devour for a midnight snack. Delightful in summer salads, stuffings, and gravies, essential to a bouquet garni, basil also has a well-popularized affinity with tomato dishes. What is less popularized is its affinity with just about any sunny windowsill. On a kitchen one, of course, it is not only convenient but irresistible. With the juicy, woody stem characteristic of herbs, and attractive shiny leaves in a range of colors from green to purple, depending on the variety, basil is easy to grow as well as tasty. To keep it visually pleasing, you'll need to pinch it back frequently, or it will become scraggly. Pruning is easy enough with the stew pot nearby. Indoors, it's best to stay with the smaller, low-growing variety of basil. The larger bush basil, with up to 4-inch leaves, is fine in the garden when a quick crop for drying is wanted. *Ocimum minimum*, with delicate small leaves stays manageably sized and grows well. For a basil with a difference, try a lemon-scented one from Egypt, if you can get hold of it. Whichever plant you choose, grow your herb in a 3-inch pot filled with a rich soil mix, to which an extra teaspoonful of lime has been added. Water the plant often enough so the soil never dries out. To prevent aphids, treat with Dr. Bronner's Peppermint Soap. Basil cuttings root readily, and the plant is easily grown from seed.

—RICHARD LANGER

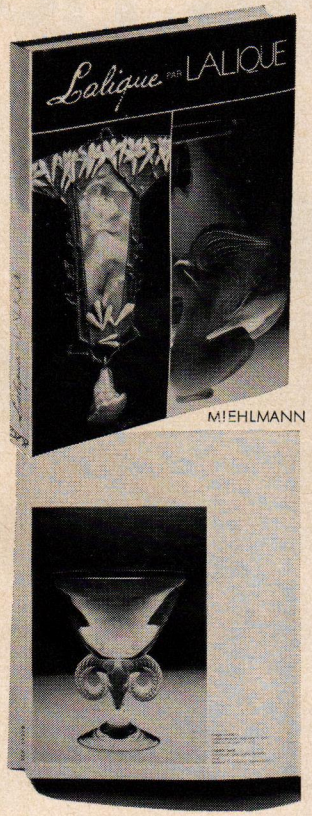
SHEILA CAMERA



Garden art

Crystal clear

Glass collectors take note! A magnificent book on the work done by three generations of the Laliques is about to be released in America. *Lalique by Lalique* has been researched and written by René Lalique's son Marc. He traces the development of his father's style for the utterly fantastic Art Nouveau jewelry, crystal figurines, glassware, and the contributions he made to French architecture. Non-collecting Americans know Lalique from the romantic perfume flacons made for Nina Ricci—the double heart-shaped bottle for "Farouche" is the most recent addition. The photographs for the book are all in color and the text is in French and English. Jacques Jugeat, who distributes modern Lalique in America, will place the book in stores where you can buy crystal in most large American cities. $70 at Ginori Fifth Avenue, 711 Fifth Ave., New York, N.Y. 10022 and Marshall Field, 111 N. State St., Chicago, Ill. 60690.



M!EHLMANN

Top, Lalique book; below, modern "Aires" bowl

Help!

Oldies are goodies

If you have furniture to give away or want to know where to look for bargains in antiques, investigate Goodwill Industries. It has 161 repair workshops across the country, manned by handicapped people trained in furniture restoration. Your donation will keep them busy. Once a piece of furniture has been properly refurbished it goes out to one of 800 Goodwill shops for resale. You might even find something as fine as the Pembroke desk seen in these pictures. Write Goodwill Industries of America, 9200 Wisconsin Ave., Washington, D.C. 20014.



KLEINBERG

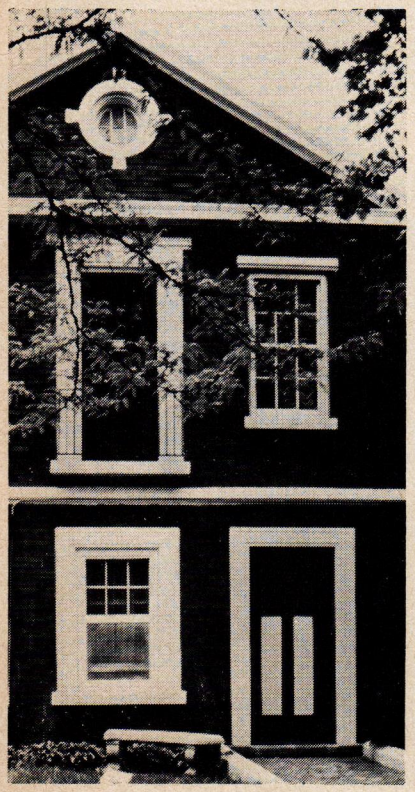




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Do you recognize this American landmark?



Probably not. No famous person was born in this house. No treaties were signed here.

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It doesn't take a mansion to be a landmark. There are thousands of fine buildings like this one all across the country. They're part of our heritage too, just like Monticello and Mount Vernon.

These buildings can be revitalized by adapting them to modern uses.

Let's hold on to these pieces of our history while we still can. Support historic preservation in your community.

For more information write Membership Department, Office of Public Affairs, The National Trust for Historic Preservation, 740 Jackson Place, NW, Washington, DC 20006.

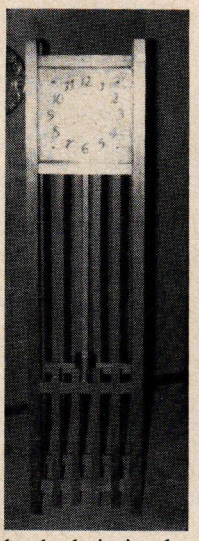
■ **QUESTIONS & ANSWERS**

antiques



By Louise Ade Boger

Mission-style clock



I have been told that my clock is in the Mission style. Is this so? I do not know what is meant by Mission style. Can you help me?
C.R.—Jappa, Md.

Yes, your standing oak clock is in the Mission style, which is essentially a "craft style" based upon functionalism. It was introduced into the United States about 1900. Square or rectangular plain shapes carried out in golden oak were favored.

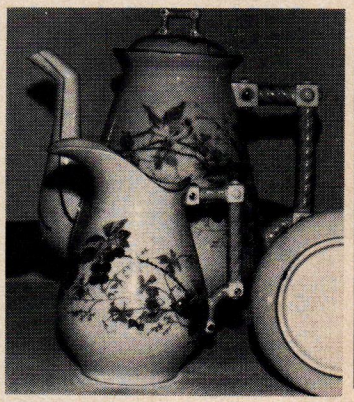
Early 20th-century chair



From the style of my chair, can you approximate when and where it was made?
W.M.—Memphis, Tenn.

The openworked pattern of your chair back, easily recognizable by the sinuous curves favored by French Art Nouveau designers, indicates a time of manufacture around 1900-1915. The American manufacturer who made your chair tried to combine ideas from the past—rococo cabriole legs and classical straight lines—with the new.

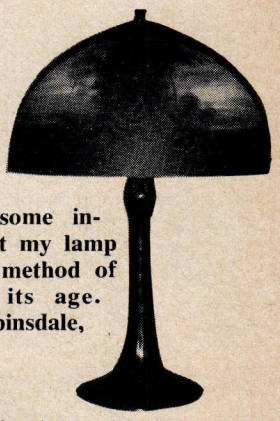
Silesian tableware



I would like to know who made my china and where. **A.L.R.—Austin, Tex.**

According to the mark (crossed swords with the initial "S"), your tableware was made at Tiefenfurt in German Silesia at the Silesian Porcelain Factory, started by P. Donath in 1883. The angular handles are a stylish detail.

Popular American lamp



I would like some information about my lamp —its style, its method of manufacture, its age.
R.C.S. — Robbinsdale, Minn.

You have a distinctive and popular type of lamp introduced in the first decade of the 20th century by Philip Handel. The solid glass shade is decorated with painting in glass paste, which was applied to the exterior of the shade after the design had been etched in, and then the shade was refired. The effect is less smooth and less flat than that usually obtained by the use of enamel glass paint.

Continued on page 18


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And practicality. (As in this machine-washable silky blend of Fortrel® polyester and cotton we call Supercale Plus®.)
"Grandeur." It's one of the reasons that when you're awake to the good things in life, you sleep on Wamsutta.
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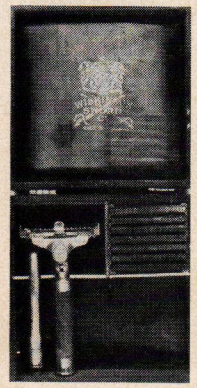
Staffordshire mark



From the mark I've sketched, are you able to identify and date my old china? E.W.M.—Kansas City, Mo.

The still existing English Staffordshire potters John Maddock & Sons made your dishes after1896, when "Ltd." was added to the mark. The mark was used for about 4 decades, so we cannot date your dishes more accurately.

Seven-day razor

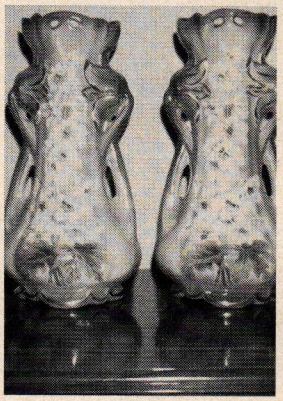


I have a very old razor and would like to know anything about it that you can tell me. P.H.—Bakersfield, Calif.

Your razor is called the "Seven-Day Razor" and was made by Wilkinson Sword, Ltd., in the United Kingdom 40 or 50 years ago. It is highly thought of as an "antique" by some people who own one. Wilkinson Sword Ltd., founded in 1772, still makes swords that are carried all over the world. From 1898 onward, when it introduced the Wilkinson Sword Safety Razor, it has continued to be a pioneer in shaving technology.

Art Nouveau vases





Where were my vases made, and can you tell me anything about their form? J.F.B.—Los Osos, Calif.

The two names in your marks—Saint Amand and Wandignies-Hamage—are towns in the department of Nord, the Northernmost department of France. Your faïence vases are typically Art Nouveau, 1900. In ceramics, this style is associated with a fashion for tall, slender forms, and in its fullest development, it affected also the details of modeling.

Connecticut teapot

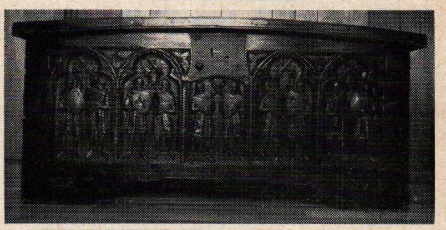


Is my teapot antique? Is it worth repairing? From the marks can you identify it? C.P.R.—Houston, Pa.



Your teapot is an antique and worth repairing. Made by the Meriden Britannia Co., founded in 1852, it was shown in its 1867 catalogue at $8.25. It was made in a 6-piece tea service.

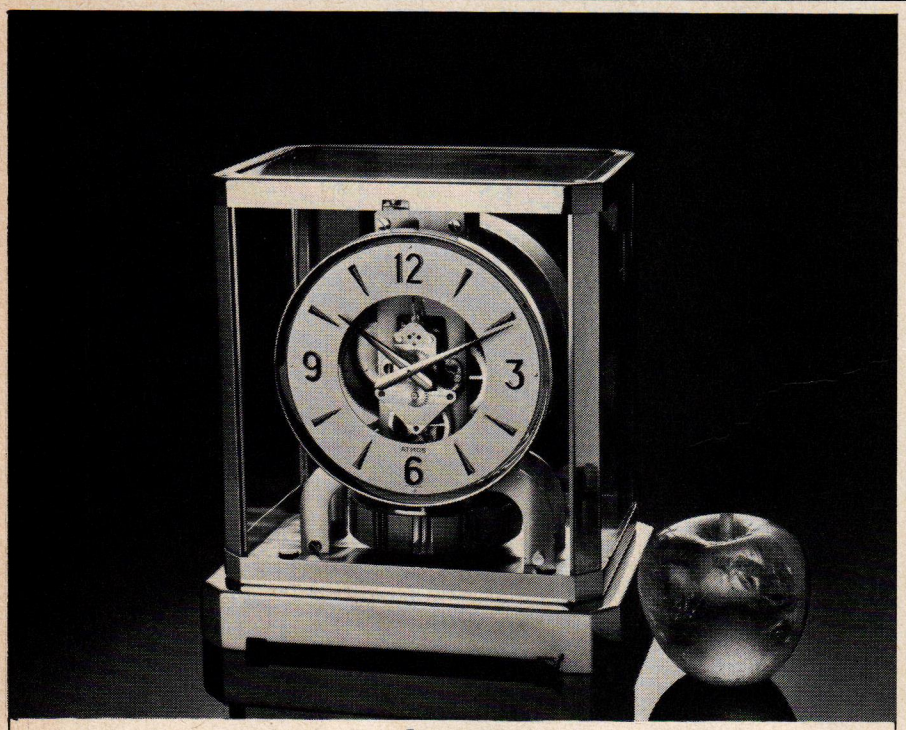
Victorian Gothic Revival style chest





Can you tell me anything about the style and history of chests, such as this one? J.K.B.—Westfield, N.J.

Your chest is in the Victorian Gothic Revival style and is of European, probably English, manufacture. The carved figures on the front evoke a romantic predilection for medieval times—the age of chivalry and troubadours. The chest was by far the most common and useful article in the medieval house. In addition to its uses as a receptacle, it often served as a seat, a bed, or a traveling trunk when it was covered with leather or, occasionally, canvas. ■



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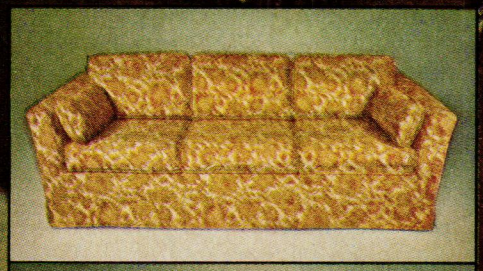
The Atmos is a masterpiece. It makes a lifetime gift. Write the Atmos Clock Company, New Rochelle, New York 10810 for your free brochure.

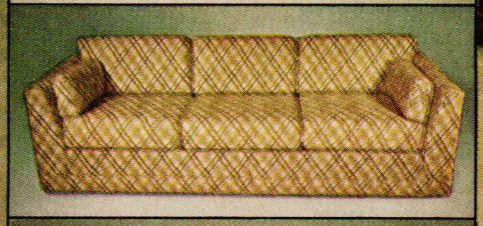
Manufacturer's suggested retail price from $495.

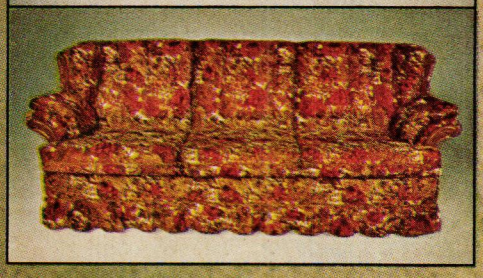


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Is there really bone in bone china? ☐ Can you tell if a plate is hand-painted? ☐ Do you know the difference between porcelain and faience? ☐ Would you put fine china in the dishwasher? ☐ Why is china called china?

Four experts give you A short course in china

By Margaret Morse

If you feel like a bull in a china shop when you have 99 patterns to choose from and only your eyes to rely on ("What's bone china? What's stone china?"), take heart. The ancient art of ceramics has undergone some technical advances lately, and we asked four experts—two on modern china, and two on antique—to tell us what they look for when they shop. They are:

■ *George O'Brien,* vice-president and design director, Tiffany & Co.

■ *Roderick Kennedy,* partner of Mayhew, which has one of the largest china and glass selections in New York City.

■ *Emily Manheim,* president of D.M. & P. Manheim Antiques Corp., specializing in English porcelain, pottery, enamels.

■ *Isobel Glover,* partner of Price Glover Inc., Antiques, specializing in 18th-century English pottery and pewter.

■ WHAT DIFFERENT KINDS OF CHINA ARE THERE?

"Today *china* can mean almost anything that's baked in a kiln, except the crudest pottery," says Mrs. Glover. "But the term originated from English attempts to copy Chinese porcelain, which was a closely guarded secret until about 1708-9, when Augustus the Strong, Elector of Saxony and King of Poland, enlisted two alchemists—Böttger and Tschirnhausen—to crack the formula. They came up with a red stoneware—an example of which is at the Metropolitan Museum of Art—that is so hard, the shape had to be cut on a jeweler's wheel. Shortly thereafter, true porcelain (also called hard paste porcelain) evolved, made of a special china clay called kaolin and—the Chinese secret—a ground up feldspathic mineral called petuntse (pronounced petoon'-tse) that, as the shaped article is fired, melts to bind the clay permanently together." Miss Manheim adds, "Later, Thomas Frye of the Bow factory in England found out that porcelain could be made even sturdier by adding powdered ox bones to the clay recipe—hence the name *bone china.* Until 1760 it was customary for the Chelsea and Bow factories to use chocolate-colored paint to edge their wares, but between 1760 and 1765, decorators at Chelsea and Bow discovered that gold, mixed with honey as a binder, would adhere to the china during the firing. The honey would burn away and leave the gold behind."

Some essential qualities of earthenware and porcelain can't be seen by the naked eye. The rundown, *below,* was devised from our experts' advice to give you a short course in the important characteristics.

Continued on page 22



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Modern china at a glance

There's more to choosing china than picking patterns—here's some inside information to help you tell your *pottery* from your *porcelain.*

PORCELAINS. All porcelains are vitreous, nonporous, generally translucent. Plates generally "ring" when tapped on the rim. Kaolin and petuntse are essential ingredients in the composition.

BONE CHINA

Approximate temperature of first firing*: 1,250°C

What it looks like: "Body" is stark, pure white. Generally has a glossy, lapidary look. If painted, the decoration remains on the surface, just under the glaze. Porcelain formula with ox bone-ash added.

What it's made for: The most chip-resistant porcelain. Can be made quite thin and finely detailed without much

Continued on page 22



If you think people buy Chivas Regal just for the bottle, try selling this one.

12 YEARS OLD WORLDWIDE · BLENDED SCOTCH WHISKY · 86 PROOF · GENERAL WINE & SPIRITS CO., NEW YORK, N.Y.

China at a glance
continued from page 20

decline in durability. Extremely hard—a steel file won't scratch it.
Generally for more formal settings.

TRUE OR HARD PASTE PORCELAIN
Approximate temperature of first firing: 1,300°C-1,450°C

What it looks like: "Body" is often blue or ivory white, though it can be pure white. High firing temperature gives it a glasslike sheen.
Generally more translucent than bone china. Any painted decoration remains on the surface, just under the glaze.

What it's made for: Like bone china, it can't be hand-scratched with steel. Can be molded in great detail. Unglazed edges on the foot rim are very hard and cleanly shaped. Generally for more formal settings.

SOFT PASTE PORCELAIN
Approximate temperature of first firing: 1,200°C

What it looks like: Shape often has subtle, interesting imperfections. Any painted decoration seems to sink down and fuse with the piece itself—colors often flow and "feather" out. On some antique pieces, light is reflected in beautifully uneven "moons."

What it's made for: Can be scratched with a steel file. Unglazed edges on the foot rim are softer, grainier ("sugary") in appearance than other porcelains. Today rarely made.

STONEWARE, STONE CHINA OR IRONSTONE. Any clay pottery except porcelain fired to a state of vitrification. Generally opaque unless thinly potted.
Approximate temperature of first firing: 1,200°C

What it looks like: Because it is nonporous, stoneware doesn't require a glaze but is often glazed for decorative reasons. Stoneware often has a blue-gray or brownish cast and is speckled with tiny brown pitmarks where the iron in the clay has burnt off in the kiln—a characteristic that contributes to some stoneware's rustic charm.

What it's made for: Very resistant to chipping. Some types are labeled ovenproof. Generally less formal than true porcelain or bone china, more formal than earthenware.

EARTHENWARE OR POTTERY. In the broadest sense, pottery is anything from earthenware to porcelain, though today the word is usually synonymous with earthenware.
Approximate temperature of first firing: 500°C-1,200°C

What it looks like: Opaque, nonvitreous—must be glazed in order to hold liquids. Unglazed "body" is earth-toned. Often opaque glazes provide an off-white or tinted background for decoration. Opaque-glazed earthenware is often called by different names depending on its country of origin—*faïence* is usually from France or Italy, *majolica* from Spain or Italy, *delft* and *delftware* from the Netherlands and England, respectively. Generally comes in more primitive shapes than porcelain.

What it's made for: Often relatively inexpensive but tends to chip more than stoneware, true porcelain, or bone china. Lends itself to light-hearted, freely painted patterns. Ideal for informal settings.

**Sources:* The Encyclopaedia Britannica, *15th edition, 1974, and manufacturers. For further information, see* The Dictionary of World Pottery and Porcelain *by Louise Ade Boger (Scribners).*

continued from page 20

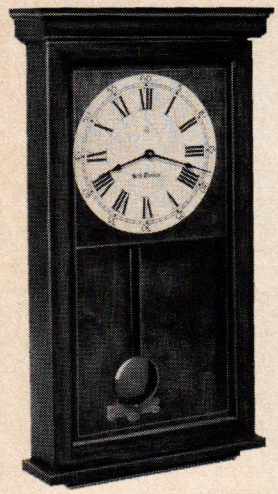
■ WHY CAN ONE PATTERN COST $120 A 5-PIECE PLACESETTING AND A SIMILAR ONE $60?

"Labor costs are a major consideration," says Mr. O'Brien. "There's no way to automate the making of beautiful porcelain and bone china completely. Many steps still have to be done by hand—applying cup handles, gilded borders, and painting."

"Another factor is kiln breakage," Mr. Kennedy adds. "One of the charms of porcelain is its translucency—the 'halo' around the edges—when it's made very thin. But the thinner and more translucent porcelain is, the greater the percentage of pieces that break in the kiln. That cost is reflected in the price." "Yes," says Mr. O'Brien, "one reason why hollowware—large bowls, vases, tureens—called 'fancies' in the trade—are so expensive is that they're too large to be made by machine—they have to be handthrown and specially cradled in the kiln."

■ WHAT ABOUT HANDPAINTING?
"Handpainting can add several price ranges to the cost of a pattern, and these days even the humblest handpainted earthenware plate is generally marked as such on the underside," says Mr. Kennedy. "Handpainted porcelain can be as beautiful as art," Mr. O'Brien remarked. "You can see the brushstrokes, and—in deep colors—the individual grains of pigment. Handpainting is incomparable for vibrant Chinese reds and the softest, subtlest pastels. Tiffany makes about 18 completely handpainted bone china patterns. And once you know that, for some intricately handpainted patterns, it takes one artist at Spode three days to paint each dinner plate, you can better understand why one plate can cost about $275. A rela-

Continued on page 26



GEORGETOWN pendulum strike, battery-powered, 29" high, $150.00

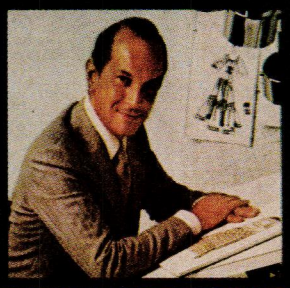
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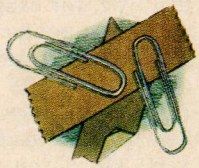
These pros can make any drapery look great.



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If all else fails, there's always the retoucher.



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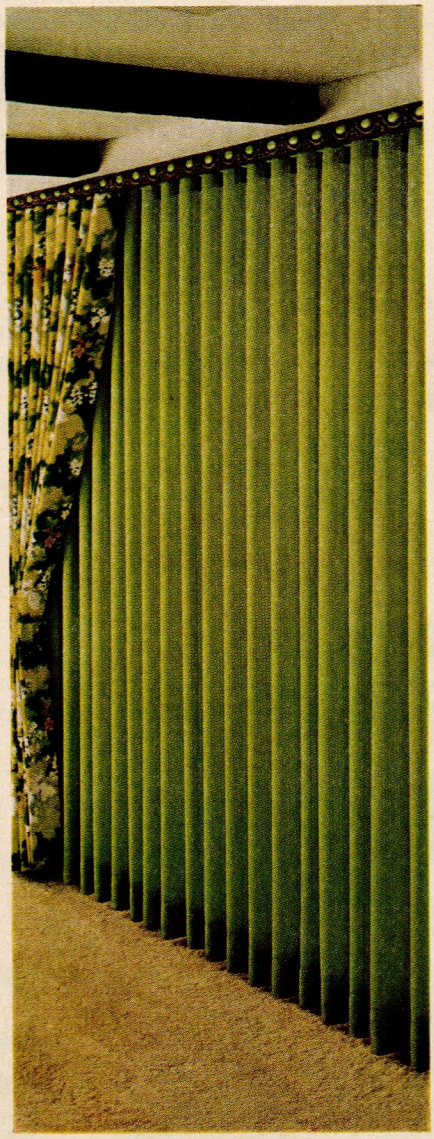
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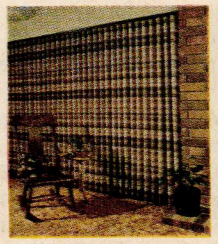
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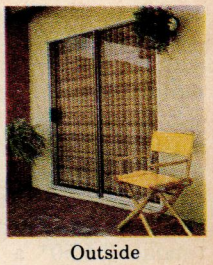


Spring Crest makes your home more beautiful inside and out. They look the same from the street as they do from inside.

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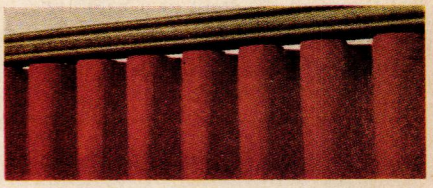
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tively less expensive pattern—"Honeycomb" from our Private Stock—is $275 a five-piece placesetting and is never stenciled—all the interconnecting hexagons around the border are done by hand and eye alone."

■ HOW HAS THIS AFFECTED MANUFACTURERS' TECHNIQUES?

"Necessity has proved the mother of invention," says Mr. Kennedy. "Five years ago one could always tell a decal decoration because it looked flat and matte in relation to the china background. You could say 'If you rub your finger over a plate and feel the decorated areas in relief, the piece is handpainted.' Not any more. Manufacturers have designed decals that produce different areas of a pattern in different heights. For example, if you didn't know it, you would almost swear that the intensely indigo flowers on "Paradis" porcelain by Royale Limoges (about $76.50* a 5-piece placesetting) were handpainted. The pale blue branch looks handpainted too, but the 'brushstrokes' are silkscreen lithographed in the decal!"

"Decals are superb for rendering every last thorn on the stem of a wildflower—on our 'Botanic Garden' by Portmerion, [$26.50], for example," says Mr. O'Brien. "And now decals are cropping up with colors that used to be possible only with handpainting—the mauve flowers on our 'Flourish' bone china by Coalport [$55.00] for example."

*All prices approximate, for 5-piece placesetting unless otherwise indicated.

■ WHAT ABOUT PLAIN WHITE CHINA PATTERNS—WHY IS ONE WORTH MORE THAN ANOTHER?

"One can compare quality between two sets of plain white china more easily than one might expect," says Mr. Kennedy. "Is the white pure, or does it lean toward ivory or blue? Is it pleasant to touch and look at—silky and soft like Limoges, or so slick and glossy it might as well be plastic? And, by its very simplicity, the shape of white china—the quality of the design—shows up more."

"Color and texture are not necessarily indicators of quality," says Mr. O'Brien. "English bone china is a purer white than Continental porcelain, which is often slightly bluish, and if you were to mix the two in one tablesetting, you'd see the difference. But color is a matter of individual preference here, not quality. And some excellent porcelains have an interesting roughness."

■ DOES GOOD DESIGN HAVE TO BE EXPENSIVE?

"No. The cup from Giraud Limoges's 'Plain White' porcelain is one of the fifty items in the Museum of Modern Art's permanent exhibition, and the pattern is only $36 a 5-piece placesetting. Giraud Limoges's shell-inspired 'Corail White' porcelain won an award at the Brussels World's Fair—it's about $54.50 a placesetting."

"Simple forms never lose their popularity," says Mr. O'Brien. "We asked Wedgwood to bring back the drabware that was so popular in bisque (the unglazed form) between 1810-15. But we wanted it with a glaze and in an 18th-century Queen's Ware shape. It took us quite a while to get them to do it. And it turned out that, in the whole history of Tiffany, no china has ever sold better" [$40 a 5-piece placesetting].

■ HOW CAN ONE COMPARE THE QUALITY AND PRICES OF, SAY, DIFFERENT BLUE-AND-GOLD-BORDERED CHINA PATTERNS?

"The amount of gold in the gilding and the precision of the workmanship make the difference," says Mr. Kennedy. "Real gold has the color of real gold jewelry, whereas gilding with little or no gold in it is usually darker and brassier in color, more garish, like radiator paint. Gold leaf gives the heaviest gilding—a raised border on the best patterns—and it has to be hand-applied. If the golden color looks as thin as a wash, then you're dealing with a decal with much less, if any, gold. One of the less formal patterns of this type, for example, has a wide spattered blue border that suggests lapis lazuli and a narrow gilt edge. It's bone china, about $95 a 5-piece placesetting. A more contemporary version in porcelain with a broader gold band is about $160. Or, if you want crown jewels for the dinner table, there's a richly filigreed blue-bordered porcelain that's about $375 a placesetting. Unfortunately, as far as I know, there are no 'gold standards' for gilded china. One has to trust one's eyes."

■ WHAT ABOUT PATTERNED CHINA?

"With patterned china," says Mr. Kennedy, "appropriateness often makes the decision for you. For example, earthenware won't last forever, but it has delightful shapes and brilliant colors. And it's often relatively inexpensive." "However, handpainting can make some earthenware more expensive than some porcelains," says Mr. O'Brien.

"More primitive earthenware is generally decorated quite freely with intense colors, like those out of a child's paintbox," says Miss Manheim. "More precious, durable porcelain and bone china could be molded in more precise shapes, with fine details—the perfect canvas for painstaking painting and subtle colors."

■ WHAT ARE THE DESIGN BREAKTHROUGHS IN CHINA TODAY?

"There's definitely a trend toward oven-to-tableware formal enough for nearly every kind of setting," says Mr. O'Brien. "Now you can find the lovely

Continued on page 28

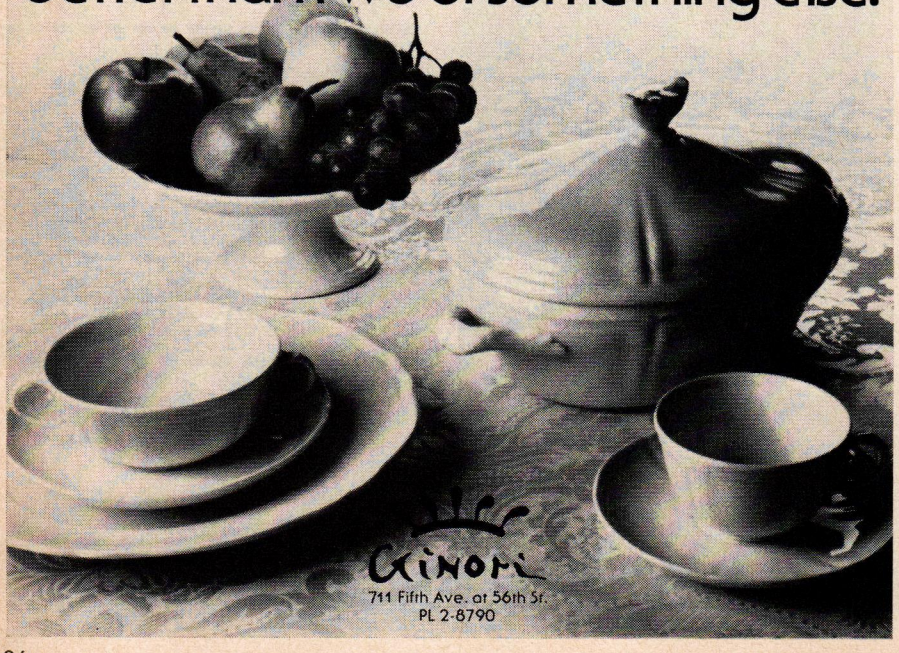
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Short course in china
continued from page 26

shapes of mid-18th-century Chelsea botanicals on 'Astley' oven-to-tableware [$34.95], which Royal Worcester calls 'true porcelain.' To think that freezer-to-oven-to-table all started with Corning's adaptations of pyroceram from the nose cone of a space vehicle," he adds.

"Something to watch for is china made especially for the intense heat of microwave ovens," says Mr. Kennedy. "We plan to have Franciscan's new made-for-microwave pattern as soon as it's, well—out of the oven."

"There's also an interest in good reproductions," says Mrs. Glover. "If you don't want to eat off your antique Canton porcelain, the 'Blue Canton' Mottahedeh [$60.50] is making as an Historic Charleston Reproduction is a good alternative to the original." "And Wedgwood," Mr. Kennedy says, "has reproduced some 18th-century designs on bone china for Williamsburg" [$70 to $77]. Mr. O'Brien adds, "One shouldn't disparage good reproductions. In many cases these reproductions were made by the same factory as the originals and with the same care."

■ HOW CAN ONE TELL IF A PATTERN IS OVEN-PROOF OR DISHWASHERPROOF?

"Only the manufacturer can tell you," says Mr. O'Brien. "Tiffany marks all its bread-and-butter plates on display in the store with the material—earthenware, porcelain, or bone china—the country of origin, and whether the pattern is dishwasherproof." "But unfortunately," adds Mr. Kennedy, "many foreign manufacturers don't stamp this on the back of the plate."

■ WHAT ABOUT HANDPAINTED OR GILDED CHINA—SHOULD IT BE PUT IN THE DISHWASHER?

"That's up to the individual," says Mr. O'Brien. "Some dishwashers have separate cycles for china and crystal, and you're supposed to be able to put handpainted china in it. I put some of my handpainted things in the dishwasher with this cycle, but, then, I don't put them in twice a day!" Antique dealer Emily Manheim says, "We recommend that any valuable handpainted or gilded china be washed by hand in tepid water with mild soap. And, if you must warm antique plates before serving, merely dip them in warm, not hot, water." "Careful storage can make a difference," says Mrs. Glover. "I'm a great believer in separating stacked plates and saucers with felt pads. To make them out of felt-by-the-yard, just spread the felt flat on a table, place your plate or saucer upside-down on it, and trace the outer edge with pencil. The cut-out circles will become the perfect size when plates are put upon them." ■

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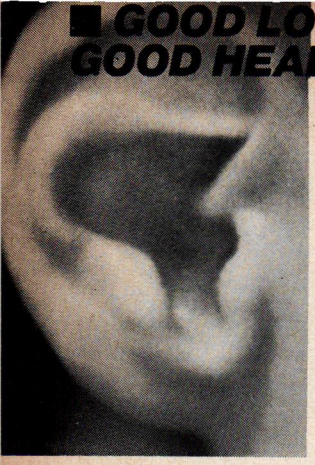


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RICO PUHLMAN

The talk-it-over technique

By Beverly Russell

A doctor tells you why you need three different confidants, and sets down guidelines for effective talking—and listening

Editor's Note: *Dr. Bernard Green is a New York psychotherapist who studied at Trinity College, Dublin and Sussex College, England. He has advised major companies in Europe on matters of industrial psychology and came to America in 1967 to found the International Awareness Center, a research group designed to explore new methods of psychotherapy. He is in private practice, a fellow of the American Society for Psychical Research, and as a lecturer on psychotherapeutic techniques has given papers at professional congresses in Prague, Monte Carlo, and other cities.*

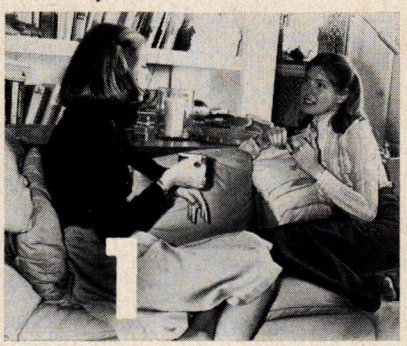
We all know it helps to talk things over. Sometimes merely stating a problem aloud inspires a flood of ideas that helps to clarify your thoughts. Having a sympathetic listener is supportive. This act of listening is the basis of modern psychotherapy. But, in fact, doctors in all branches of medicine believe their most important function in helping a patient get better is lending an ear to personal problems, and maintaining a reassuring manner along with an impartial attitude of interest. This prophylaxis applies equally as well to a simple case of nervous backache as to more complicated anxiety syndrome with no specific symptoms.

When we start life, as children, we're completely open and frank about feelings and say what's on our mind. We never really lose that wish or need to talk out. In our changing society, the traditional figures of wisdom we confide in are fast disappearing. Since one-third of white-collar workers travel geographically as they move up the executive ladder, physical separation between families results in a breakdown of intimate communication. This divides people from people and diminishes the value of parental guidance and experience. Another shrinking corps of listeners are ministers of religion. Apparently people don't turn to clerical ears as they used to. Back in the depression, there were "listeners" (just ordinary people), who for 50 cents or a dollar did nothing but hear out a person's troubles. More recently, many people have preferred to pay considerably more to shed intimate fears, worries, and problems in the privacy of the analyst's office.

Dr. Bernard Green is one therapist whose office often receives ten people a day. He is a professional, who believes wholeheartedly in the old-fashioned nonprofessional shoulder of friendship, too, for times when you want to get something off your chest. "We've got to reestablish codes of confidence between friends," he declares. Consider your own circle, people you have known a long time. Surely there exists a person in whom you can confide? Dr. Green's recommendation, in fact, is that you seek out not one but *three* personal confidants. Spreading the load of confidences among three people extends your own involvement with other people's lives and experiences. By doing so, you gain deeper understanding of life, in turn become less critical, more thoughtful, and able to see *yourself* better.

Trio of confidants

Someone you can trust



Someone who can listen



Someone you respect



Confidentially speaking

There are three critical areas in life: *love and sex, money and work, health and well-being.* Never, says Dr. Green, has the need to express feelings on these subjects been greater. "We have more to absorb today, so we tend to block out much more than we ever blocked out before." Because sex, money, and health represent areas in which we experience the most failure and rejection, we're afraid of them and disassociate from them as often as we can, concerning ourselves with other, more trivial matters. Straight talk about love, money, and health brings us in touch with true feelings, which in turn gives us direction for real life situations. For your friendly rap sessions to be most fruitful, says Dr. Green, you must look for your three confidants among friends of the same sex. Confidential exchanges between members of the opposite sex (even marriage partners) *(Continued on page 32)*

Your confidant must be chosen with three points in mind:

- **Someone you feel you can trust to keep what you are saying to him or herself.**
- **Someone who can listen.**
- **Someone who has more experience in the subject than you have. The person doesn't necessarily have to be older, but is someone whose views you respect.**

CHRIS REINHARDT


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are difficult to achieve, he explains, because we have been brought up with the idea that we have "friendship" with the same sex, and another kind of relationship with the opposite sex. "Though some husbands will talk about money and business or their health with their wives, most turn to another man when they discuss sex. There is also a hangover based on the old-fashioned notion that a woman is different and not worthy of confidence—a notion totally wrong and going out."

Selection of three confidants will mark a significant change in your life and that of your confidant. We live at a time when confidential exchanges tend to be feared because respect for privacy is so often violated. Frequently, to say to someone that what you are going to tell him is for his ears alone, is a signal for that person to break your confidence immediately and leak the news. "Talk about people is more interesting than talk about the weather or latest election figures," points out Dr. Green.

The art of being a confidant

To let your friends help you—and for you, likewise, to help your friends—there has to be some understanding of what it takes to be a confidant. Here are some guidelines on the technique. There is no need for praise or blame, judgment, or any neat advisory to "snap out of it," says Dr. Green. Arguing about what is right, wrong, or silly is equally ineffective. The person talking wants reassurance that his communications are being received. There must not be any interruption, but brief acknowledgments, verbal or nonverbal, are helpful in keeping the conversation going. The listener offers no specific advice, but gently encourages the talker to explore his or her feelings and *shares* the investigation. The confidant's questions, experiences, and illustrative examples aim at illuminating the problem not at offering conclusions. The object of the exchange is to help the other person come to grips with ineffectual behavior and replace it with a better behavior.

Other psychoanalysts besides Dr. Green have affirmed the positive power of this nonprofessional method. Dr. Lawrence Kubie, an innovative thinker about psychoanalysis, set down in his book *Practical and Theoretical Aspects of Psychoanalysis,* the results to be gained, and strongly recommended "talking it out" to ordinary friends before considering formal therapy. He found it offered:

1. Practical support, guidance, and help in life situations.
2. Emotional support, sympathy, encouragement, humor.
3. Reeducation — homely, nonspecific methods of wiser, experienced people helping to reorient a person's attitude.

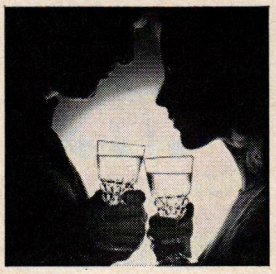
Modern methods of biofeedback have also proved conclusively that unburdening of problems changes brain waves from delta (worry vibrations) to theta or alpha (relaxed wavelengths). With the brain in a calm position, physical tranquility results, and feelings of well-being and optimism follow. "Many people," says Dr. Green, "try to make tomorrow's dreams or fantasies today's reality—which isn't always possible—and there stems a conflict, and tension." Taking a tranquilizer gives you a temporary lift, then a quick letdown, basically because it doesn't help you to feel your real feelings, Dr. Green points out. Deep conversations can break through character armor and other defenses you put out to the world, and get down to "down" feelings. Such low moods are usually related to anger. To talk about what is making you angry is far more beneficial than suppressing it with a pink tablet.

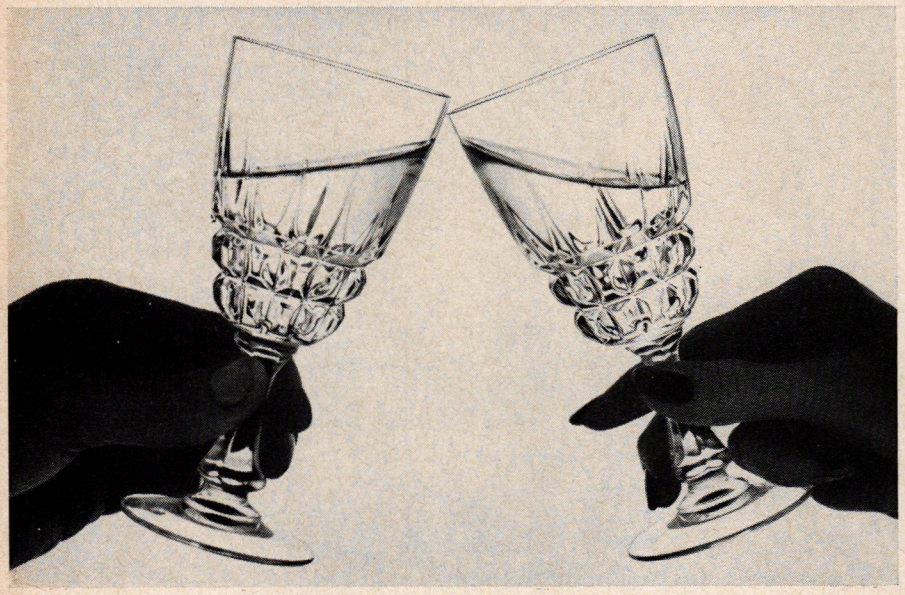
The big 3: money, health, sex

Love, money, and health are three areas of life related to the "manifest" needs—to feel loved, accepted, acknowledged, secure, and cared for, and to associate with another person in a cooperative ef-

Continued on page 34

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Superplush towels are made with 100% combed cotton terry loops – both sides. They come in up to 12 magnificent colors, plus many coordinating bold stripes and two-tone woven border patterns.

All sizes are now on sale at savings of from 10% to 28%. Matching Superplush bath rugs, carpeting and accessories are also on sale at savings of 10% to 25%. The 24-inch by 36-inch bath rug is now only $5.99. The 5-foot by 6-foot size bath carpeting is now only $27.99. May 29 through June 25, 1977 at most Sears larger stores.

Prices higher in Alaska and Hawaii.

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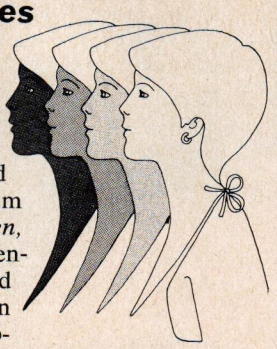
Talk it over technique
continued from page 32

fort—all of which are crucial for healthy personality development and functioning. Today, with permissive attitudes and increased eroticism in movies and magazines, sexual performance is more on people's mind than love. "Yet really successful sexual activities are governed by the amount of affection that you have for a person rather than any particular technique," says Dr. Green. "Sex is a combination of warm and loving feeling between two people and it's most satisfying under those conditions." Here's where confidential conversations can help to put fantasies into perspective. For example, when people tend to blow small things out of proportion, a listener can effectively say "so what," "it's nothing," "what difference does it make?" And at the other extreme, confidants can absorb and help clarify deeper sexual conflicts.

When it comes to money and business, you can be overtaken by a need to need, explains Dr. Green. "People may not have such a lack of money or possessions, as a lack of contentment. We inflate the need for money. Does it matter if we don't have the latest car, or a villa in the south of France? Money is used as a tool to buy security and love—a new fur or bracelet equals more love." Again talking and listening can isolate the underlying factors. Examining their credibility often reduces the subconscious

Continued on page 152

Beauty and health products new this month in the stores



Sun control—some new specifics. Thanks to a new system of sun guard products from *Elizabeth Arden,* everyone, even sensitive blondes and redheads, can have better protection and freedom of exposure. **Suncare** is a group of eight creams and lotions that are numbered according to the amount of sun screen they contain; the higher the number on the tube or bottle, the more protection you're getting. This way you get the tan you want safely, from biscuit to bronze. Your skin type and the length of time you spend in the sun have all been planned for. Each package also contains a printed sheet that explains how you can best help your skin and avoid the aging effects of overexposure.

From *Germaine Monteil,* more help: this for your lips—the **Super-Moist Lipglosser** group in shades from brown to soft coral, including "Sun Peach," all with sun screens, all of which keep your mouth from drying. $4.25 each.

If you find yourself thinking that freckles are no longer adorable, *Helena Rubinstein* has a brand new skin lightener that's also loaded with sun screens. It's called **Nudit Gentle Skin Lightener** and can help fade freckles or balance the natural color of skin on arms, shoulders, back, and hands, where it doesn't look as even as you'd like. A light cream in a 2-ounce jar, it works best if you always apply it before you go into the sun. $4.

The last step in summer protection is to moisturize before *and* after you've been outside. *Doak Pharmacal,* which makes Formula 405, is introducing a sheer, greaseless cream for your face and body called **Light Textured Moisturizer.** It works with your body's natural oils to keep you from being parched—and don't forget that oily skin also needs moisturizing—just like normal and dry skin. Available in 2 ounces, $7.50 and 4 ounces, $12.50.

Glemby, known for its superb hair care, now has introduced a new group of skin care and makeup products. Put together in three parts, the first is "Great Basics"—the cleansers: soaps, lotions, and creams. It's even done a nifty, small, swiveled **Cleansing Stick** for on-the-spot refreshing. "Problem Solvers" is another group of products for young, troubled complexions (or not-so-young, occasionally rebellious ones). Try a mint mask or a seaweed mask for a fresh start on a hot day. The complete "Makeup Collection" includes a super **Glemby Brush Kit** for applying everything. It has eight different brushes, eight lengths, widths; $18.50, in a soft plastic case. Terrific fun. At Bergdorf Goodman in New York and White Plains, and fine department stores across the country.

Astrological guide to your fragrance

The sign: **Gemini**
(May 21-June 21).
Element: **Air**



The key phrase for Gemini is said to be "I think," actually "I communicate" is more to the point. Together with verbal and literary gymnastics, Gemini people are often adept at sports. They have super dexterity, enjoy working with their hands. Restless, volatile, and multitalented, Geminis may follow many pursuits. Patience may not be one of your virtues, but on a social level, you are genial, adaptable, and witty, with legions of friends to prove it. You can beguile them with a marvelous fragrance such as **Private Collection** from *Estée Lauder.* Vivid and urbane, it could prove your permanent signature. The classic **Crêpe de Chine** by *Millot* can adapt its woodsy floral base to your individual chemistry for sparkling effect. For Gemini males, **Royal Copenhagen** is as bracing and crisp as a breeze off the Baltic Sea. For both sexes, when the heat leaves you wilted and sticky, **Eau de Guerlain** is a new dimension in refreshment. ■

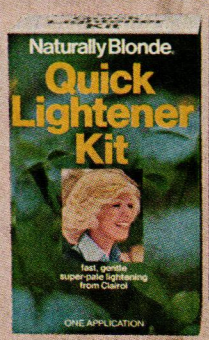
—MARIA REACHI



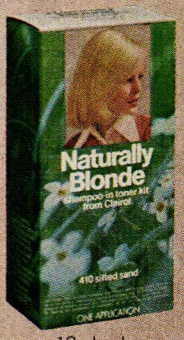
*TM ©1973-77 Clairol Inc.

Naturally, I'd rather be a blonde.*

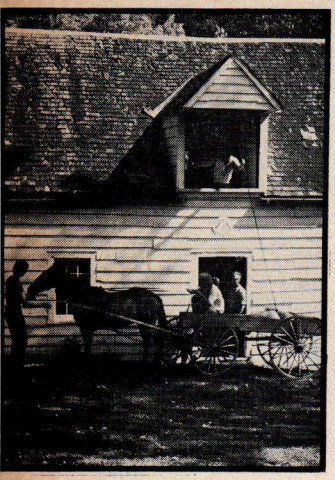
My own natural color was no way blonde. Shampoo-in tints made me almost blonde. Now at last, I'm a head-turning knock 'em dead blonde. With Naturally Blonde® by Clairol. First I use the gentle lightener. Then I choose the shade of toner that's exactly right for me. I figure if I'm going to be a blonde, I want to be the best.



Lightener



18 shades



In Ulster County, New York

1765 mill grinds into action

Seven-year rescue project turns a forgotten landmark into a source of fresh wheat flour and corn meal

By Beverly Russell

BEADLE



Above: Water cascades over the dam of the Hansens' newly restored grist mill. Left: Horse-drawn delivery of corn.

The change over the centuries from the farm that was in itself both producer and consumer to the highly efficient agribusiness of today has meant that farm buildings have fallen into disuse. Some of the finest barns in America have been lost, although preservationists have done much recently to increase awareness of the architectural heritage of the countryside. Those abandoned barns may never see farm animals again, but they are being brought back to life as converted houses, coveted for their space and romantic, rustic, atmosphere. Mills, too, can be saved as houses. Or, as the back-to-the-land boom accelerates, they may be reactivated as a welcome resource for natural food. Here's a story of one mill grinding triumphantly into action again, at Rest Place Farm, High Falls, N.Y.

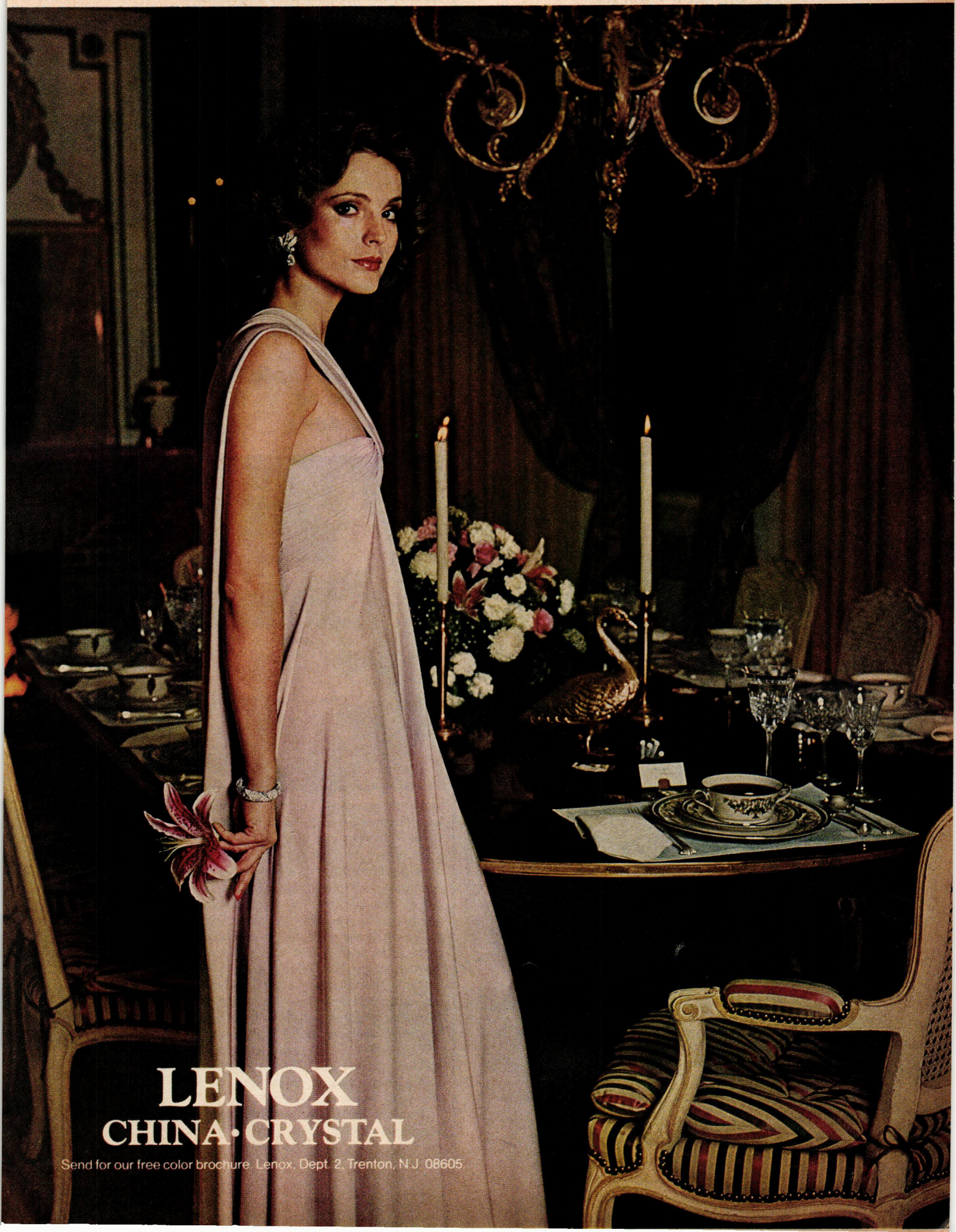
Tang and Jane Hansen, the mill owners, farm 170 acres in an Ulster County community where many old country traditions are being revived. Homesteaders with minimal acreage keep hens, pigs, rabbits, and other livestock to establish independence from supermarket shopping and bring better taste and quality to their dining tables. Many fertilize their land with natural composts and manures—"We feel uncomfortable using chemicals because of contamination"—so it hardly surprised neighbors (though many were curious) when the Hansens announced a plan to restore their old grist mill to working order. "The aim," explained Tang Hansen, "is to produce a flour without chemical preservatives, in which the germ in the kernel is retained." The program seemed ambitious. Their 1765 mill, standing on the bank of the Rest Place Kill beside a handsome stone farmhouse (a fort in the Revolutionary War) was far from being in mint condition. Battered by a hurricane that swept the area in 1928, forty years of neglect had ravaged the structure. Most windows were knocked out; vandals had looted everything of value inside. The water wheel was rotten, the roof leaking, the dam washed away. One vital element remained intact, though. The two millstones, each a fine pair of Buhr granite slabs imported originally from France, needed no more than a good grinding.

The Hansens turned to a professional millwright for advice. Charles Howell of Philipsburg Manor Restoration, Tarrytown, N.Y., a fifth generation English-born miller, who has helped restore more than twenty derelict mills to working order or museum state, traveled up to High Falls to see the building. "Is this worth saving?" the Hansens asked. Howell's reply was "Yes!" His optimistic view kicked off a seven-year project. Howell drew up the working drawings for a new water wheel, 10 feet in diameter, 4 feet across, and a new concrete dam. To conform with environmental regulations, the dam had to have a central sluice gate to

Continued on page 38



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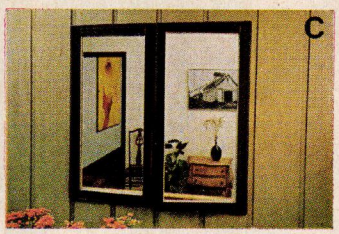
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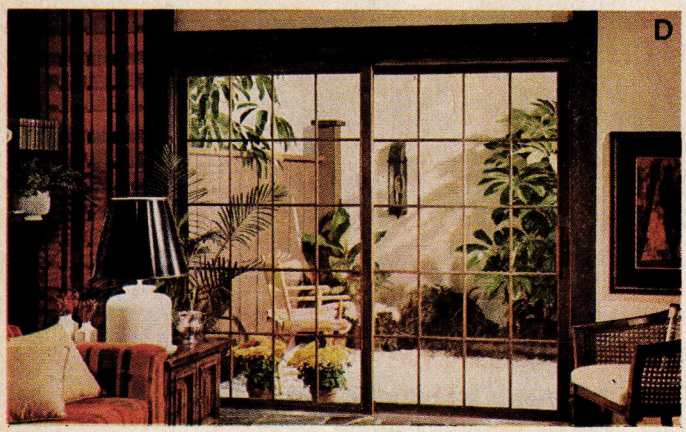
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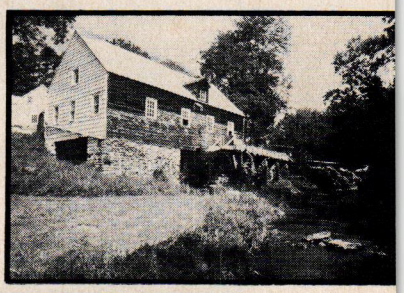
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Active mill
continued from page 36

allow fish to move up the river and spawn at breeding time. "In some states, dams have to be inspected by the Army Corps of Engineers," explains Howell. "In others, construction is governed by local rules of township or state." Tang Hansen reports: "It's not an easy job to please everybody. What with the fish situation and the water situation, I had a good many trips to Albany to sort things out."

The Hansens' 25-year-old son Harry, a biology graduate of Union College, Schenectady, eager to be the new mill manager, supervised and participated in reconstruction. Operating on a budget, the family decided to do most of the

Equipment was salvaged from across the country—people were glad to give it away

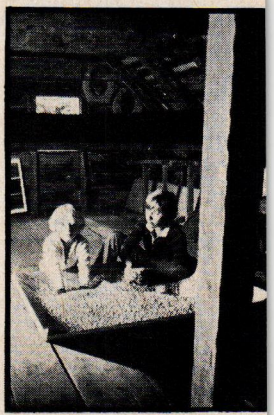




work themselves. They found secondhand cypress for the new water wheel from a brewery in Buffalo, N.Y. "Cypress is best, because it's water resistant," remarks Howell. "Alternatives are white oak and pitch pine." Scouring old mills across the country for equipment and mechanical parts, Howell secured an old millstone horse and case, a dresser, and sifter from a mill that was about to be flooded by the Blue Marsh dam in Pennsylvania. The Hansens picked up bins, an authentic mill desk and other abandoned furniture at derelict mills or by diligently reading a quarterly publication called the *Old Mill News*. "In most instances, people had no use for the things we were looking for and gave them away, glad to see them find a new home."

Finally one Sunday last summer, neighbors came to a garden lunch to cele-

Continued on page 40



Top: Mill from downstream. Center: Clifford Sheeley and Harry Hansen on the stone. Bottom: Children help in grinding.

Soap and water:
Should you use it if your skin is dry?

If you've got to get your face clean but you have dry skin, you can't use soap or it will dry out even further. Right? Think again.

In the first place, many dermatologists feel there's no better cleanser for your face than soap and water. And you already know that no combination of creams and fresheners ever leave your face feeling as clean.

In the second place, it depends on the soap. Ordinary soaps are made only to "take": to take away dirt and makeup. In the process, they also take away some of your skin's natural moisture and oils, which you can't afford to lose now that you're no longer a rosy-cheeked, dewy-skinned young girl.

You need a soap with "give" as well as "take." Now there is one. New Neutrogena® Dry Skin Soap. Not only does it take away surface dirt and makeup as mildly and effectively as our regular Neutrogena® Soap. *It does more.*

It gives very dry skin something it needs. *Extra protection.* An invisible layer of two emollients that stays on when the dirt rinses off. And, as you know, emollients are those wonderful substances that help skin retain moisture and act as a barrier against further moisture loss. The process is called hydrating the skin. (Instead of dehydrating, which many soaps do).

How does it work? Two special hydrating agents* have been added to the original Neutrogena formula to make new Neutrogena Dry-Skin Soap. They're very much like the ingredients in moisturizers. And that's why this new soap will immediately leave your dry skin feeling softer and smoother than you're used to with other soaps.



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Active mill

continued from page 38

brate the first grinding day. Sacks of corn from the fields arrived by horse and cart (as they did in the old days) and were raised by rope pulley to the mill's second floor. The contents poured like a golden rainfall into a big vat and down the chute to the waiting grinding stones below. From the stones it proceeded in little cups on a simple conveyor belt system to be "sifted" and then poured down another chute into the waiting sacks at the end, where Harry Hansen weighed it into clear 1-pound plastic bags. Friends stood in line to purchase these at 30 cents each. That first day, 75 pounds of fresh cornmeal were produced. "Less than half-an-hour's operation," Harry Hansen proudly pointed out. "When the mill gets going properly, we shall process 300 pounds in an hour, which will be over 1 ton a day."

An interesting aspect of the future production at the Rest Place Mill relates to



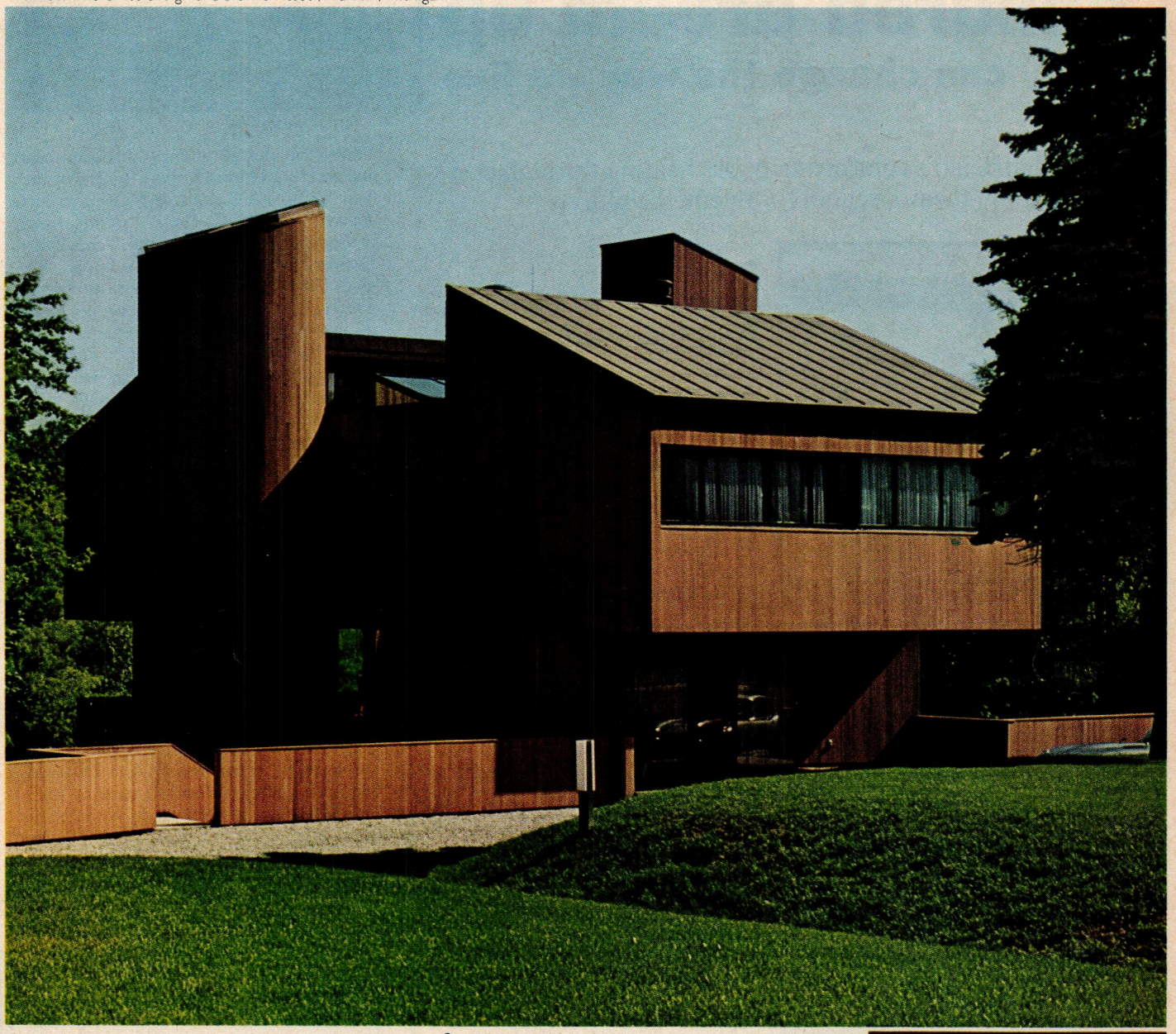
Above: Sharman Douglas's lunch to celebrate the mill's first day of operation.

the corn supply. Dr. Sherret Chase, a friend of the Hansens and professor of biology at the State University of New York, is presently involved in a long term "corn for food" project—the development of high-quality meal-type corns, far superior to most cornmeal on the market today, which is ground from feed corn and in its processing has important fiber and nutritious germ removed. For Dr. Chase's effort, hybridizing from a variety of flint corns—Portuguese, Italian, American Indian, and others—is needed. The Hansens are cooperating with him and growing these varieties. So eventually the mill will not only be grinding out nutritious corn meal and wheat flour "on a wholesale basis," the Hansens forecast, "but a superior quality product with a very high protein content."

Millwright Charles Howell is understandably enthusiastic about the restoration. Apart from helping people appreciate traditional rural architecture and increasing awareness of higher quality food and good nutrition, he points out the value in getting to know more about water-wheel power. "If fuel does get short, I think we can expect to see the water wheel used in small hydroelectric power stations. It's a return to the past that makes excellent sense." ■

Some houses were never meant to be painted.

Architect: The Office of Sigmund Blum & Assoc., Franklin, Michigan.



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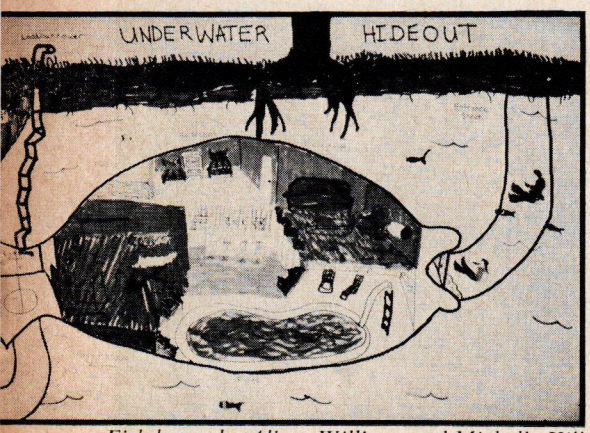
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Houses children dream up

can change the way we live

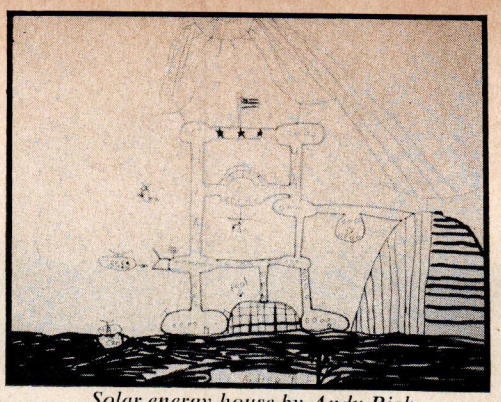
plus a pediatrician's comforting book, beating the high cost of baby sitting, theatre school for talented children



Fish house by Alison Williams and Michelle Hill

Extraordinary children's buildings in Washington, D.C.

So imaginative are drawings by public school children taking part in Nancy Renfro's architecture programs in Pennsylvania that they are to get a special showing at the Renwick Gallery, Washington, D.C. The work shows designs for energy houses, pet houses, hideaway house with secret entrances, ocean cities —"some concepts," Mrs. Renfro points out, "that adult designers have been trying to come to grips with for years."



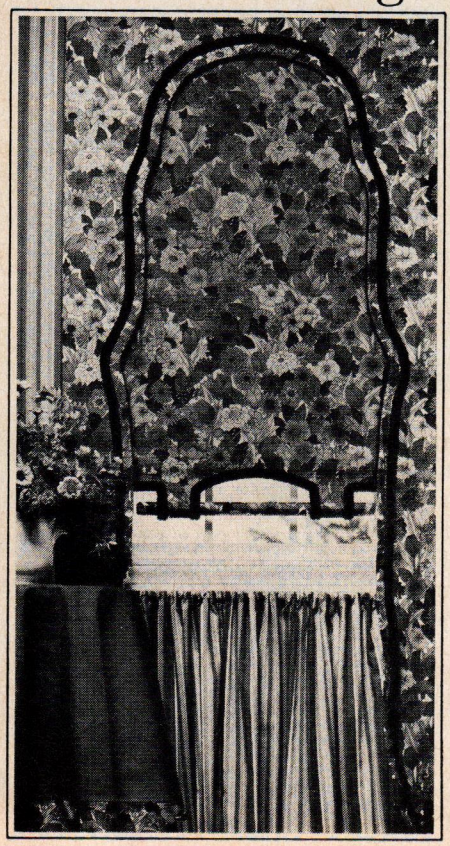
Solar energy house by Andy Rich

Trained in design at Pratt Institute and married to architect Robert Renfro of the firm Venturi & Rauch, Mrs. Renfro has devised 30 "Kids Only" architectural projects for students at the Tredyffrin-Eastown and Westchester Schools. She gives 7-to-12-year-olds a basic problem, which may be: "An animal is going to be your next door neighbor, what would his house look like?" The aim is to encourage the children to think of buildings without reference to conventional existing structures. Thus the fertile young mind goes to work and imagines utterly different forms of architecture. There are no fairy-tale castles in the fantasy illustrations of today's younger generation, she reports. "These children are modern Star Trekkers, looking into the future, designing for today and tomorrow. They're exceptionally interested in plumbing, transportation, and the natural environment." Mrs. Renfro hopes her program and others like it will grow into more formal education. Architecture is an all-inclusive subject which offers an opportunity to integrate other learning skills. For example, math is incorporated in drafting, history by using old architecture as basis for modern design, geography by creating buildings for remote parts of the world. "Such classes can change the way everybody lives—for the better," she declares.

BEVERLY RUSSELL

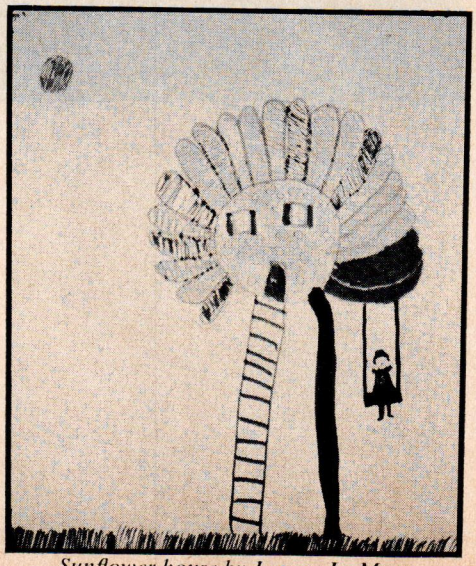
Continued on page 44

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Sunflower house by Joanne La Motte



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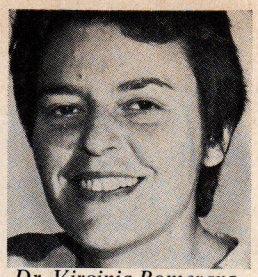
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continued from page 42

Pediatrician tells you everything you want to know . . .



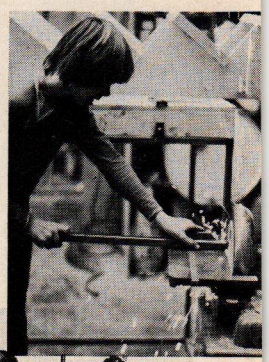
Dr. Virginia Pomeranz



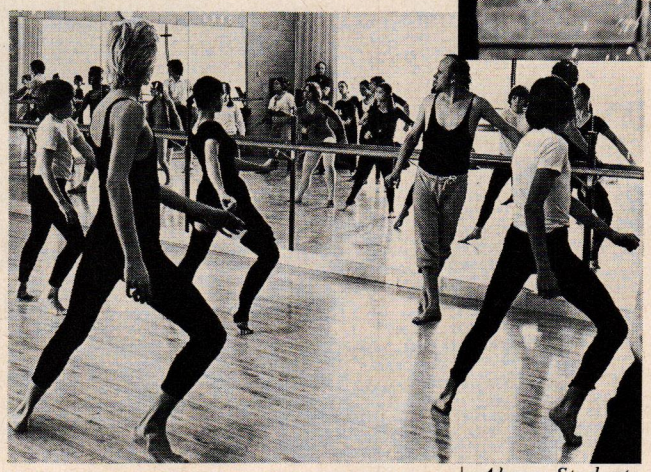
Co-author Dodi Schultz

Worthy of a place in every household where there are children, *The Mother's and Father's Medical Encyclopedia* by Virginia E. Pomeranz, M.D., and Dodi Schultz (Little, Brown, $17.50) is no woolly theory about raising children but a mine of thorough, helpful, up-to-date information. For example, there are 12 pages on bites and stings, including graphic drawings of snakes, spiders, and jellyfish. Frank entries are included on homosexuality and marijuana. Dr. Pomeranz has practiced pediatrics for 25 years. With her experience on your bookshelf (she is Associate Clinical Professor at Cornell University, Attending Physician in the Pediatrics Department at New York Hospital), no tricky situation should leave you guessing. Dr. Pomeranz is a firm believer in laying out the facts. "The patient who understands what's going on, gets better quicker."

A children's theatre: They run the show



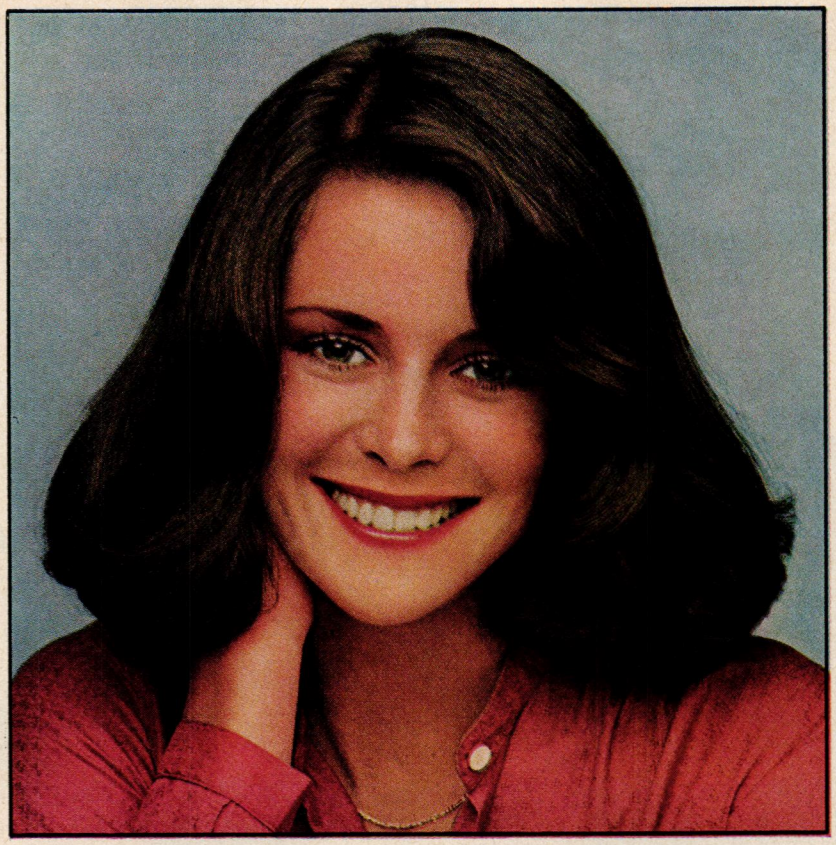
How does a teen-ager interested in theatre manage to get roles, learn parts, perform, and still get an education? Traditionally that child had to have a tutor, or go to a special acting school. In Minneapolis, an innovative program started 15 years ago, allows ninety teen-agers from public and private schools in the Minneapolis-St. Paul area to go to their regular schools until noon every day, and then switch to the Children's Theatre Company and School. Here, they get intensive study in all aspects of theatre. CTC, as it is called, is a modern multimillion-dollar building in the Minneapolis Arts Park. Students can choose to work on the technical or the performing side, under the guidance of Artistic Director John Clark Donahue. Twenty-three instructors teach dance, pantomime, gymnastics, singing, music



Above: Students at the Children's Theatre, with Artistic Director John Clark Donahue conducting a class in movement

Continued on page 48

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*In a clinical study involving patients with atopic dermatitis (very dry skin) 91% of the patients experienced good to excellent improvement of their skin conditions with the use of Rainbath as their only means of cleansing. "An Alternative Bathing Technique for use in Dermatitis" *Cutis*, January 1973.

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The children's exchange
continued from page 44

theory, improvisation, voice, as well as theatre lighting and sound, set design and construction, and costume design.

Participants are chosen by audition. Donahue says that at first many children aren't quite sure what they want to do. "Then as they study, they begin to learn the pleasures of the body in action, kinesthetic things. Hopefully we are creating an environment where the spirit will flourish. As to aspiring to be on the stage, we never talk about 'making it' in theatre. I think it is healthy." He sees children's theatre as something valuable in itself, not just a training place for people who will be actors when they grow up. He respects the children's fresh views, openness, intuition. All productions—from classic fairy tales to ethnic folk plays—use original scripts. Such effort produces radically different interpretations of age-old stories. For example CTC staged *Sleeping Beauty* in Japanese Kabuki style and set *Rumpelstiltskin* in an African jungle.

The success of this teaching company is a tribute to the persistence of a few Minneapolis theatre people who started with $100 and a back room in an Italian restaurant in the 1960s. By 1962 they were operating in an abandoned police station and John Donahue became artistic director. They moved to an auditorium in the Minneapolis Institute of Arts in 1965. As audiences grew, seasons extended and summer-school classes were added with a grant from the Minnesota State Arts Council. The company moved into its own building in 1974 with funding coming through the Minneapolis Public Schools, private tuition paid by students not in public school, and through the National Endowment for the Arts. Last season, the company performed *Treasure Island, The Little Match Girl, Mother Goose*, and *The Snow Queen* for children. The adult program included *The Sea Gull, Twelfth Night,* and *A Room in Paradise.* (*Mother Goose* toured 51 communities in the upper Midwest.)

For the students, CTC is an adventure in performing arts and for Donahue a vision has been realized. "Adults as well as children have been moved and impressed with the total effect of certain works that they have seen." MARY SMITH

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Clipping coupons

Neighborhood baby-sitting co-ops may not be new, but one that works exceptionally well for a group of mothers in Chicago's Rogers Park has an original approach—it operates mainly with incentive coupons rather than money. A new member receives a list of the other co-op members, rules, and 50 coupons upon paying a $3.25 membership fee. Continuing membership dues are only $1.75 a year. Each coupon is worth a half-hour of baby-sitting time, and an additional coupon is required for each meal or feeding per child. One extra coupon is required for sitting in someone else's home, and another if a sitter must provide her own transportation.

What happens when a mother gets low on coupons? She must reciprocate to earn them back, and that's exactly what makes the system so workable, communal, and inexpensive. Some management is needed, and is provided by elected officers rotating yearly. The nominal membership dues pay for a monthly newsletter that lists new members and contains announcements. Regular meetings feature guest speakers on child care and are well attended. Occasional social get-togethers, such as picnics, are planned for members and their families. One father says, "It's a very practical, productive system. In a big city, parents sometime hesitate to rely on baby-sitting services. These women have developed an idea that benefits every family involved, and have really made it work."

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Sixteen vital items

to discuss with your doctor

By Drs. Robert and Mary Catherine Tyson

plus how to shine in conversation; truth about bee pollen

EDITOR'S NOTE: It is with great sadness that we record the death of Dr. Robert Tyson, aged 70, in February. A long-time contributor to House & Garden on psychology, he and his wife, Dr. Mary Catherine Tyson, began in 1975 their column on medical and psychological topics, which received instant appreciation from readers. Dr. Tyson retired from his academic post as Associate Professor of Psychology, Herbert Lehman College, City University, New York in June last year to devote all his time to writing. In 1974, he coauthored with his wife *The Psychology of Successful Weight Control*. His articles in House & Garden included "How to Take a 15-minute Vacation," "How Your Emotions can Play Tricks with Your Diet," "How Important is Privacy," "What Self-Indulgence Can Do for You," "The Pluses of Being Over 30," and many more. Known for his good humor, easy-going manner, and ability to communicate complicated ideas in simple language, Dr. Tyson studied at Yale and the University of Vienna. The column that follows includes an unpublished piece he wrote on conversation. The Tyson articles will continue, with Dr. Mary Catherine Tyson being assisted by her son-in-law Stuart Boynton, who edits medical books.

Q How can I be sure my doctor is giving me a thorough physical checkup?

A No one should assume that a doctor has done a complete physical examination. Sometimes vital points may be neglected. All 16 items listed below, depending on your age, are significant parts of the exam. When you have your yearly checkup discuss them. If the doctor is the right person for you, you'll probably get a pleasant answer, though you shouldn't be put off by a mild show of indignation. Your complete physical includes:

Urine analysis. Blood pressure readings. Measurement of weight. Hemoglobin test for possible anemia. Careful examination of nose, throat, eyes. Palpation, or feeling of neck, for glands or thyroid nodules. Examination of lungs and heart with stethoscope. Careful palpation of abdomen to check for enlargement of organs, masses, hernia. Checking of reflexes with rubber hammer. Examination of skin (with patient in medical gown only), so entire skin surface can be checked for growth and general condition.

For female patients: Examination of breasts with patient sitting up and lying down. "Pap" test for cancer detection, based on smear of the pelvic organs.

For patients over 50: Stool test for detection of cancer of the intestinal tract. Rectal examination, including (for males) prostate exam. Blood sugar and cholesterol test. Electrocardiogram (earlier than 50, if heart symptoms are present).

From this general checkup, further tests (such as x-rays) can be made if indicated.

Q Are there any psychological tactics to ensure a good conversation?

A The way you talk with people should make you more attractive, bring you closer to the other person. It should express your personality and add to your self-confidence. Here are seven suggestions to make conversation successful:

1. Have a good opener—simply a question about the person's work, hobby, vacation plans, anything that connects with what you know about his (or her) interests.

2. Let the other person talk about what is on his or her mind. Practically everyone is looking for a chance for self-expression. You'll be liked if you offer this opportunity.

3. Ask opinions about a play, a book, a news item, a place you'd like to see. It pleases people that you value what they think.

4. Accept, at most, half the responsibility. Accept pauses in conversation, they're actually refreshing. Timid people feel afraid of silence and at fault if the conversation stops for a while. Don't fear a break. It's not up to you to do all the talking.

5. Get topics before you meet, if you

Continued on page 52

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BURLINGTON–Carriage House
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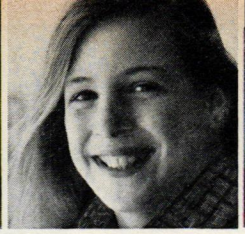
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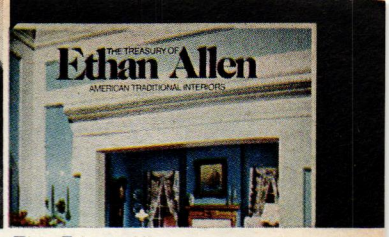


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continued from page 50

are going to a special social gathering. Deliberately look up something in relation to the event you're attending. A little homework on suitable subjects, will make the conversation easier.

6. Let the real you get across. To do this, pause for a moment to let a topic "sink in." How does it really affect you? How do you really feel about it? Your response will then be colored by your own personality.

7. Try free association when all else fails. Let your mind play freely with your environment. Where you are walking may suggest you talk about architecture or the house you'd like to own. A restaurant can indicate food and "Have you tried the latest recipe for . . .?" Free association is conversation insurance, the lifesaver to count on to get you through any tricky moment.

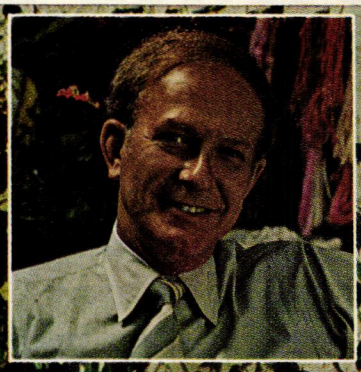
Q Is bee pollen an effective energizer?

A Bee pollen as the elixir of life and source of enormous energy is the latest fad, apparently, among athletes. For some reason, many performers in the public eye, whether in sports or the arts, have a tendency to accept any new idea that promises self-improvement. Remember vitamin B12 shots? Bee pollen, or more correctly flower pollen, is simply the pollen, or male sperm cells, of flowering plants, which is collected by the bees for their food. It is high in protein (but so is egg white, which is pure protein), and the minute amounts of protein in a few pills is insignificant. A controlled double-blind study by Dr. John Mills of Louisiana State University showed no effect at all of pollen eating on body activity or metabolism. Any sense of improvement is undoubtedly psychological!

Q What is progestasert, the latest contraceptive method?

A Progestasert is an innovative, ingenious FDA-approved IUD, intrauterine device. It combines the simplest, least irritating "T"-shape and malleable nonmetallic material (which makes it less likely to be expelled) with a central reservoir of the natural female hormone, progesterone. This hormone, which further reduces chance of conception, is released through a rate-controlled membrane in the stem of the "T" form. The dosage is minute—24 milligrams *per year*—and quite harmless. None of it enters the circulation to affect other tissues, nor does it interfere with normal ovulation or menstruation. When the one-year hormone supply is exhausted, this disposable device is removed and replaced with another. Of course, it can be taken out at any time if pregnancy is desired. Effectiveness tests have shown that among 100 women there may be two pregnancies in one year's use. ■

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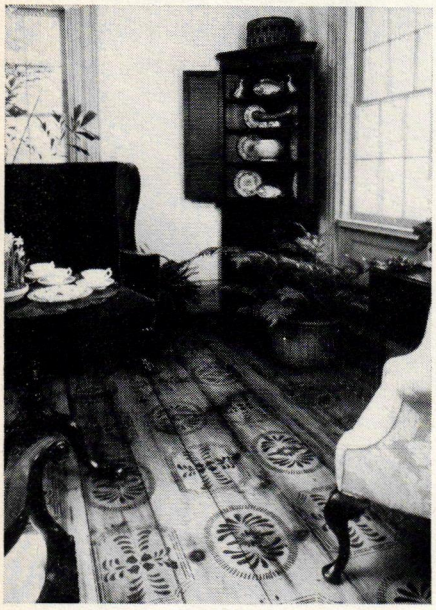
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How to stencil a floor

Two easy-to-follow methods for making a bare floor look as good as a carpet



The finished look of a stenciled floor

Martha Stewart, who has successfully stenciled three floors in her Connecticut farmhouse (see page 92) tells how she sets about producing the wonderful effects she has created—so much more cheaply than putting down carpet! "Often stencils are used to cover up defects in floors," she says, "but I just think they look beautiful."

1. "Plan your design. I've adapted mine mostly from old designs I find in books or paintings.

2. "Draw your design element on stencil paper—a special kind of waxed paper you can buy from any art store. You can also buy a special kind of stencil cutting knife to cut out the design from this paper. Some people cut their stencils from acrylic sheets.

3. "Prepare your floor. Sand it smooth, then seal it with wood sealer.

4. "Map out your design on the floor. Find the center, mark it with a cross, and divide the floor up into multiples of your design. If your design is 12 inches long, divide the floor up into feet, blocking the room out from the center point.

Continued on page 58

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REDLANDS Harry G. Wilson, Jewelers
REDWOOD CITY Kessinger's Jewelry
RICHMOND Clocks Clocks Clocks
ROSEMEAD Montgomery Ward
ROSEVILLE Roseville Jewelry & Trophy, Inc.
SACRAMENTO The House of Clocks
SAN BERNARDINO Hatch's Card Shop
Montgomery Ward
SAN FRANCISCO J. DeLeuse Jewelers
Esparaza Jewelry
Manis Jewelers
Piper's Jewelers
Roos Atkins Jewelry & Gifts
SAN JOSE Clocks Clocks Clocks
Lo Monaco's Jewelers
The Clock Haven
Traditional Era
SAN JUAN CAPISTRANO Trassare Jewelers
SAN MATEO Peninsula Clock Shop
SAN PEDRO Bringelson Jewelers
Sunset Photo & Gift
SANTA CRUZ Dell Williams Jewelers
SANTA MONICA Noonan's
SEPULVEDA Sterling Jewelers
SONOMA Vineyard Jewelers
SONORA Armando Puccinelli, Jewelers
STOCKTON Jim Glasscock Village Jewelers
House of Clocks
TORRANCE Montgomery Ward
UPLAND Ray Davis Jewelers
WALNUT CREEK Betty's
Pendulum Gallery
WESTMINSTER David W. Jones, Jeweler
WHITTIER Hinshaw's Dept. Store—Time Shop
WILLETS Doyle's Jewelers
Willets Pharmacy
YORBA LINDA B. & B. Pharmacy

HAWAII
HONOLULU E. J. Marshall
State Jewelers
The Clock Shop of Hawaii
KAHULUI, MAUI Ed's Jewelers
J. S. Kuge & Sons
LIHUE, KAUAI Yoneji Jewelry
WAHIAWA Al Wonder

IDAHO
IDAHO FALLS Gifts of Joy
TWIN FALLS Benno's Fine Jewelry

NEVADA
HENDERSON J. & K. Pharmacy
LAS VEGAS Garrett's Furniture
Golden Rope II
Huntington Jewelers
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Williams and Sons, Jewelers
RENO Richards Jewelers
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NEW MEXICO
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World Treasure

This time, do your decorating with a Bulova. Bulova Americana wall clocks are crafted in fine solid woods, hand-finished to show off the natural grain. Yet for all their antique beauty, they work with today's cordless efficiency: on a single battery. Outside, the best of yesterday. Inside, the best of today. Bulova Americana wall clocks. Top left, Cadet, $57.95. Top right, Litchfield, $110. Center, Pioneer, $39.95. Bottom left, Chesapeake, $79.95. Bottom right, Portsmouth, $99.95. Suggested retail.© ♆ Bulova Watch Co.

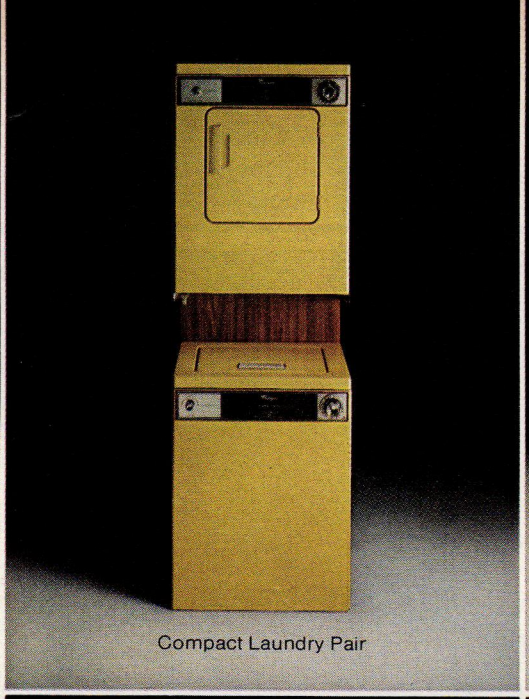


BULOVA

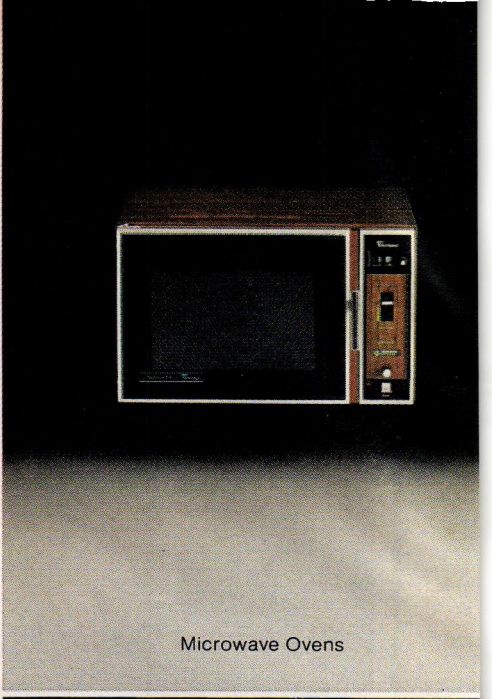
A NAME YOU KNOW ON A CLOCK YOU CAN TRUST



Ranges and Ovens



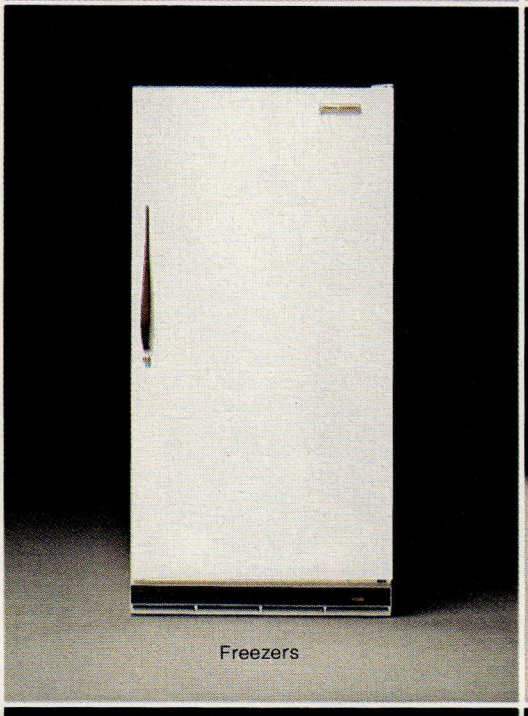
Compact Laundry Pair



Microwave Ovens



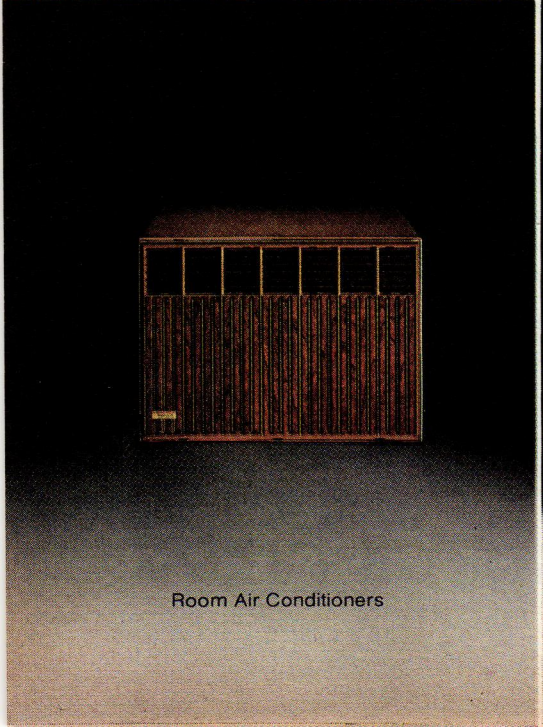
Refrigerators



Freezers



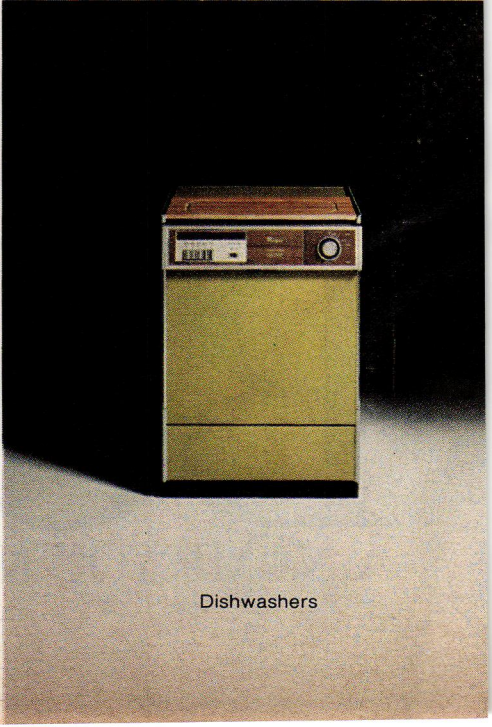
Washers and Dryers



Room Air Conditioners



Disposers and Trash Masher® Compactors



Dishwashers

The longer you own them, the more beautiful they seem.

Buying a new appliance is a little like having a baby. It's a great experience, but it's only the beginning.

At Whirlpool we believe that once you buy one of our appliances, that, too, is just the beginning.

That's why we start out by building appliances that will last.

And then we offer a little more.

A warranty that's not only easy to understand, but just as easy to use.

A toll free telephone service that's always there to help. Our Cool-Line® service. Try it: You'll see. 800-253-1301. In Michigan: 800-632-2243.

Or our Tech-Care® service. A nationwide service organization people can depend on...it's listed in the Yellow Pages.

A random Call-Back service where we call you to make sure a warranty call or service call has been satisfactory.

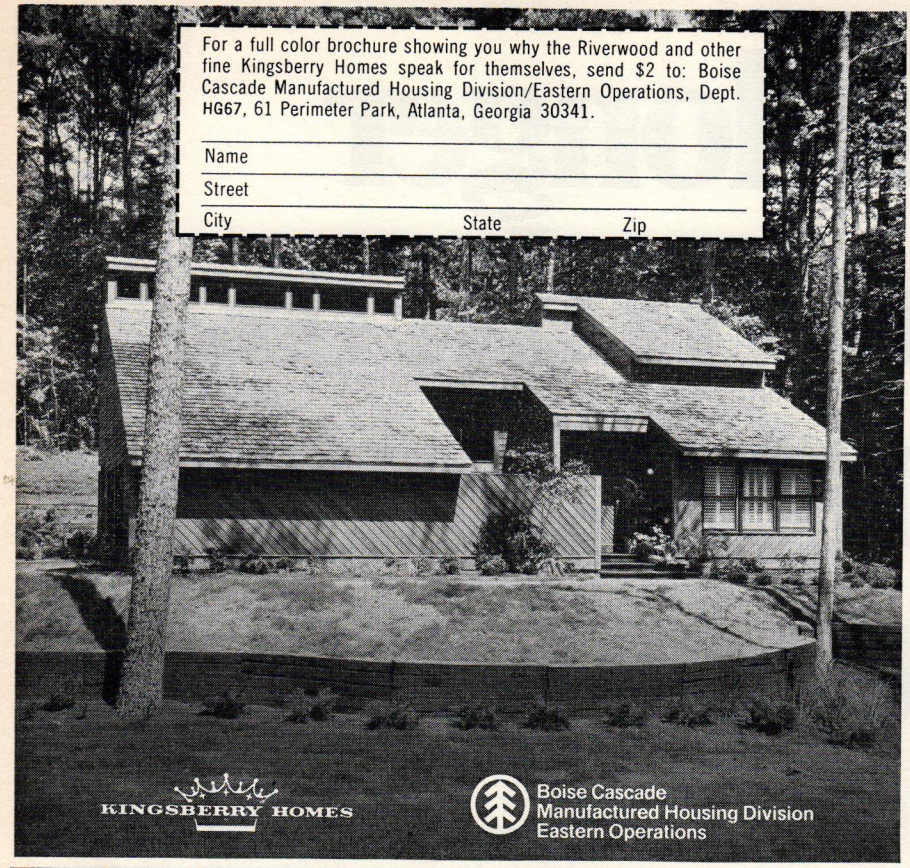
We do these things, and we're doing more, because at Whirlpool we believe a company has to think quality before it can ever start to sell it.

And even then, it's only the beginning.

Whirlpool
Home Appliances

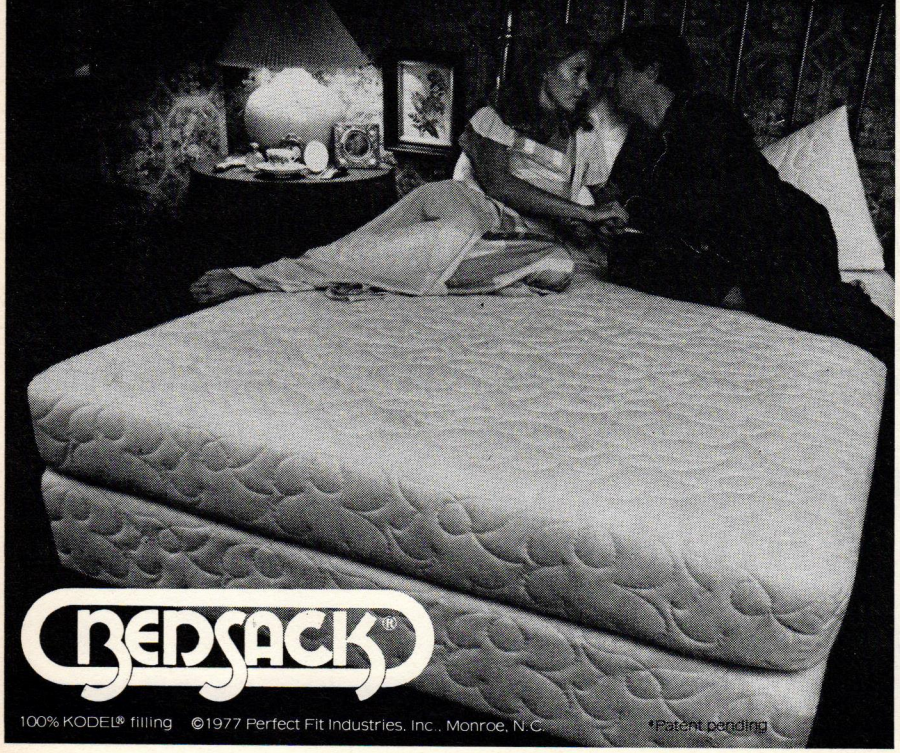
We believe quality can be beautiful.

Kingsberry Homes speak for themselves. With designs that match the way you live. Like the Riverwood.



The greatest invention you ever bedded down with.

Bed is a whole new thing with BedSack®* bedclothing for mattress and boxspring. BedSack wraps around like a cocoon. Gives dreamy comfort and luxury, provides protection, promotes hygiene; practically re-upholsters mattresses and boxsprings. Ultrasonically quilted all four sides and top; machine washable, no-iron. White, pastels, patterns; matching PillowSack.® Linen departments everywhere.



Stencil a floor
continued from page 54



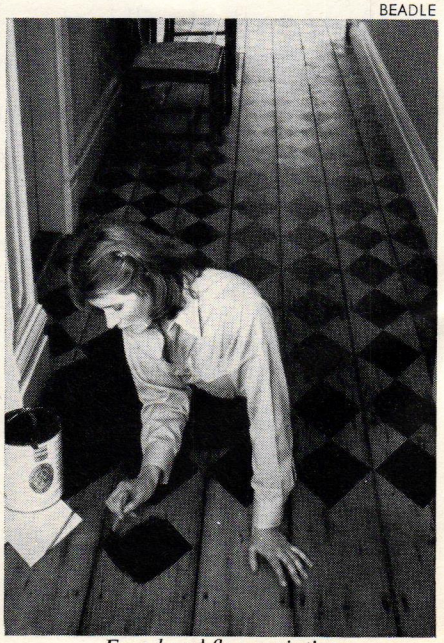
Two-design stenciling in progress

5. "Lay the stencil on center segment and paint. I use a cheap black sponge brush and semi-gloss latex enamel paint. It's thick and washable, so if you make a mistake you can wipe it off and start again. If you use oil paint it sinks into the wood and can really make a mess. Dab your stencil with the paint, then pick up the paper (while it's still wet if you like), and go on to your next block, checking all the time to see that no blob of paint or dust gets under the stencil to make a mess when you next lay it down.

6. "When the floor is finished and dry, it must be sealed. I use semi-gloss polyurethane (a mixture of 1 quart gloss to 2 quarts eggshell). The gloss is supposed to give it a little harder finish; it looks like wax and protects well."

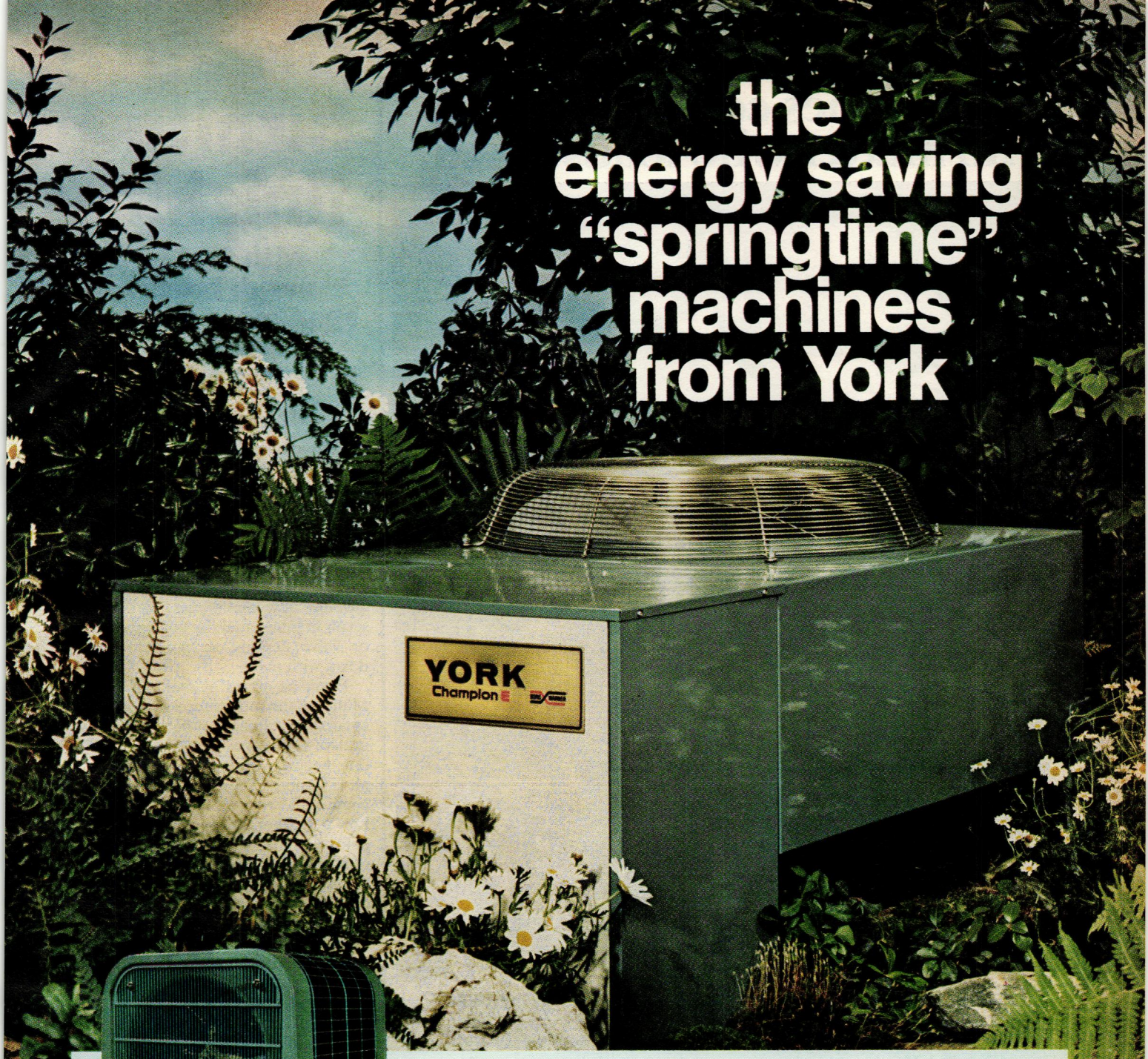
Martha Stewart does her stenciling on plain wood floors, but many people stencil on painted wood surfaces, which work just as well. If you choose a very simple pattern, such as diamonds, which Mrs. Stewart chose for her hallway (see page 97), then you hardly need to stencil at all. Mrs. Stewart simply draws the diamonds on the floor with a pencil and ruler, paints them in, seals the floor. ■

BEADLE



Free-hand floor painting

the energy saving "springtime" machines from York





The high efficiency Champion E line is pictured in the "springtime" setting. Shown here, York's standard Champion IV line with highly competitive energy efficiency ratios.

a fresh, efficient approach to whole-house air conditioning

Today, more than ever, homeowners like you are looking for air conditioners that conserve energy. And operating dollars. With no sacrifice in cooling efficiency or comfort. That's why York offers you two lines of "Springtime" Machines which means there's a model for your home, your needs, your budget. Plus, an all-new line of super efficient, computer-controlled Heat Pumps for year-round heating and cooling comfort.

Get a head start on the cooling season. And find out how economical it is to put "springtime" into your life, and keep it there . . . with York. Contact your York Dealer/Contractor. Or, write: York Division of Borg-Warner Corporation, P.O. Box 1592, York, PA 17405.

YORK Air Conditioning

BORG WARNER®

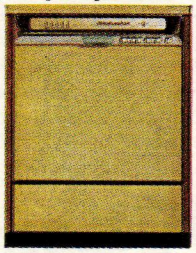
With KitchenAid®, the dishes come out clean no matter who loads them.



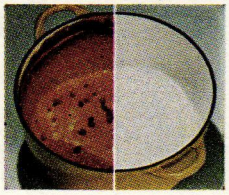
The KitchenAid Load-As-You-Like Dishwasher.

That's the whole idea of a dishwasher, isn't it, getting the dishes clean? But with KitchenAid it's more than that. It's getting dishes clean no matter where you load them.

That's why there are wash arms above and below both racks for all-around cleaning. And why the KitchenAid Superba has an adjustable upper rack so you put pots and pans in both racks at the same time.



And speaking of pot cleaning, that's where the KitchenAid Superba really shines. Its pot cleaning cycle—Soak 'n Scrub™—soaks pots, then scrubs the loosened food soil away with powerful streams of water. A built-in Soft Waste Disposer means you don't have to pre-rinse.



People who own dishwashers say KitchenAid is the best. And now, loading a KitchenAid has never been easier and cleaning with a KitchenAid dishwasher has never been better.

For a quiet, dependable, energy-efficient dishwasher, see your KitchenAid dealer, or write KitchenAid Division, Dept. 7DA-6, Hobart Corp., Troy, Ohio 45374.

KitchenAid®

People say it's the best.

Creative furniture finishing

with feathers, scrub brushes, sponges, combs, and other unusual tools

By Patricia Corbin

Finishing furniture can be fun, especially if you use unorthodox equipment. Experiment with kitchen tools, for example, if you like. Dab paint through a sieve or a spatula with holes in it. See different effects in painting with a wadded-up newspaper, paper toweling, tissues, cheesecloth, or various sponges. You can develop new techniques, too, with old scrub brushes, making zigzag, crisscross, or wave designs, or pouncing up and down with paint.

Don't be afraid of making a mistake. Many of the most successful finishes are created by chance. Whatever your decorative technique, the furniture preparation begins with a light sanding so that all is smooth. Then dust with a cloth and begin.

For a feather finish paint a dark base color first and when that's dry, paint another color on top with a feather. Use a lighter shade of the same color, to make a definite contrast, or use a completely different shade according to how serious or whimsical you want the furniture to look. For instance, a Lacquer Green base finished with a feathering of Ming Green on top, or Biscuit beige followed with pale Vanilla are both more serious color combinations. Creamy Apricot contrast painted with Pineapple Yellow is for fun. The trick of feather painting is to dip the edges of a feather into a saucer of paint, dab on top of paper toweling to get off the excess paint, then lightly swish onto the furniture with whatever motion appeals. You can do up and down or diagonal striping, big circular loops. If any of the paint lines look too obvious and heavy, soften with a sponge or Q-tip dipped into turpentine (or if you paint with acrylics, use water). When the feather gets too loaded with paint, wipe completely clean.

Another look is to **use a comb,** metal or plastic, fine or heavy-toothed. Rake the painted surface to suit yourself. Or do the same thing with a **rubber squeegee** notched like teeth.

Liquid Rit dyes can be used to make a finish on nicely grained wood. Wear rubber gloves, pour the dye directly onto a

Continued on page 72



When you create a design in which no two tiles will ever be identical, you've started a Renaissance.

Renaissance™ is here. The brand-new glazed ceramic tile that creates walls of such drama—other materials seem dull and repetitive by comparison. In Renaissance, every tile is unique in color and pattern. So the overall design is as original as a work of art. And just as enduring.

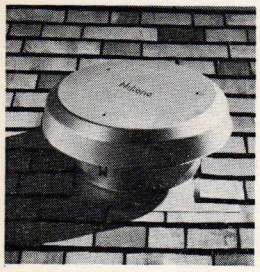
Renaissance outlives synthetic materials in every way because it's real ceramic tile. So the color and pattern won't fade. And with normal wear, the tiles won't scratch or stain.

Renaissance comes in a variety of colors and sizes (shown: 4¼" sqs. 703 Rn. Copper). And Redi-Set® pregrouted systems. Or for use with a colored grout. To find out more, visit any American Olean Color Center or Showroom or write to us at: 2404 Cannon Avenue, Lansdale, Pa. 19446 for free information and actual color chips of Renaissance. It's the natural thing to use.™

CERAMIC TILE
American Olean
A Division of National Gypsum Company

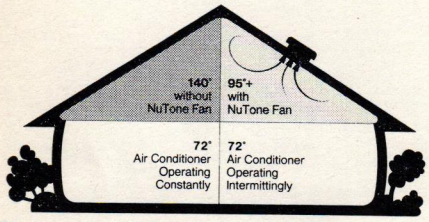
NuTone Attic Ventilator Fans

Cost and Energy Savings



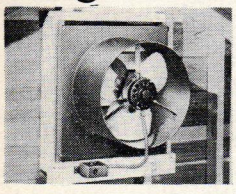
Intense summer heat often builds up to 140°F. or more in an attic without power ventilation. You can conserve as much as 20% on the air-conditioning power load by relieving the attic heat that presses down on your ceilings!

Greater Comfort



For homes without air-conditioning, a NuTone Fan keeps the hot air moving up and out of the house.

Long-term Protection.



NuTone's all-metal fans greatly outlast fan housings of synthetic materials.

A hot attic is expensive!

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■ HOME IMPROVEMENT IDEAS for the house fixer

FIXING UP YOUR WINDOW BOX

By Deanne Raffel

A shabby window box detracts from the flowers growing in it. Exposure to sun and other elements causes wood to weather—a little rejuvenation treatment can make it look like new again. Remove the box from its perch and check for obvious problems. Is the paint peeling off? Are the drainage holes clogged? Are any of the sides loose? Is the inside covered with fungus?

First remove dirt and mildew growth. With a strong washing cleaner, scrub the box, both inside and out. Work suds well into the corners. If the black mildew is still present, slip your hands into rubber gloves, dip a rag into laundry bleach and rub over the container. Hose it down and then place it in the sun until it is completely dry.

To remove flaking paint, run a wide blade scraper over the surface. Scrape the bottom especially well. Now you can examine the inside—it should be free of camouflage by this time. If the box has a tin lining, any rusty patches need to be removed and painted with a rust-resistant metal primer. If the box is not tin-lined, then the wood may have started to rot. Dig out any decaying sections and seal these holes with a plastic wood filler. Apply and level it with a scraper or putty knife. Check the corners of the box to see that the adjacent pieces are tight against each other. Use finishing nails and white glue where necessary. Countersink the nails at least ⅛ inch and cover the resulting holes with filler.

Sand the entire unit next, to remove paint. Tear a sheet of medium-grade sandpaper in half and wrap around a block of wood. Work in the direction of the wood grain. Ordinarily this is the lengthwise direction of the box. Finish sanding with a fine-grade paper, until the whole box feels smooth. With a damp cloth, wipe the dust from the unit. The box must be absolutely dust-free and dry before it is repainted.

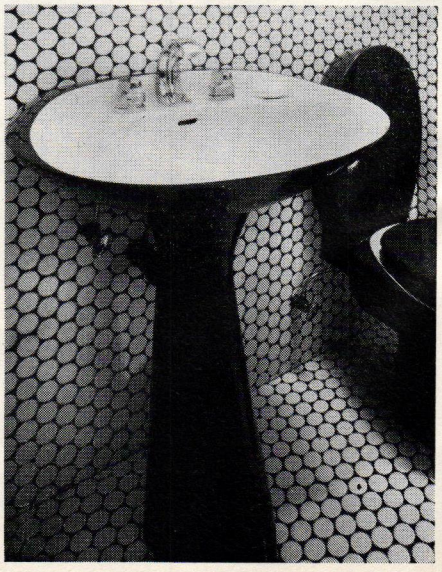
Choose a colorful polyurethane paint. Coat the box, top, bottom, inside and outside, two or three times, sanding with extra-fine sandpaper or 000 steel wool and dusting well in between each coat.

If the inside does not have a lining, you can easily make one with vinyl or plastic sheeting. Attach to the box with silicone adhesive, caulking the raw corners close. Do not forget to punch perforations at the drainage holes. If the window box is held in place by supporting brackets, check to see that they are held tightly in place. Replace box and secure. (For directions on how to make a new window box, plus planting tips, see Living, page 12.)

Tile and style in the bathroom

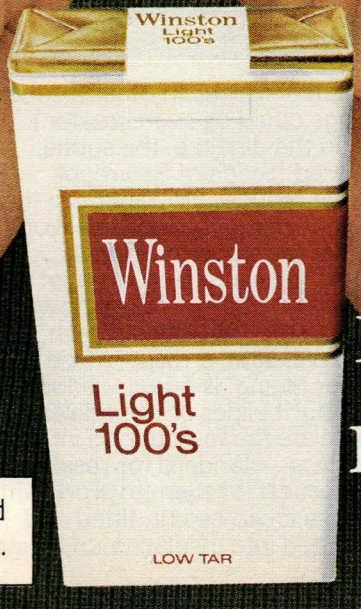
Pedestal-base plumbing fixtures, the "Ariete" series from Italy, are made in clear, deep brilliant blue, red, yellow, orange, green, or brown; the bowl surfaces are white. Of vitreous china, they are molded in sculptural oval shapes. The wall and floor tile, Module 42, is 1⅝ inches in diameter by 3/16 inch—a vitrified glass tile with a nonslip surface, which comes mounted on a 12-inch-square nylon mesh. Available in white, and in colors (beige, pumpkin, Montreal Blend —a mix of tan and brown), which are integral with the tile. Half-round tiles are made also. Hastings Tile Div., Hastings Pavement Co., Inc., 410 Lakeville Rd., Lake Success, N.Y. 11040.

Continued on page 66



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Announcing new Winston Light 100's.



Extra length.
Low tar.
Real Winston taste.

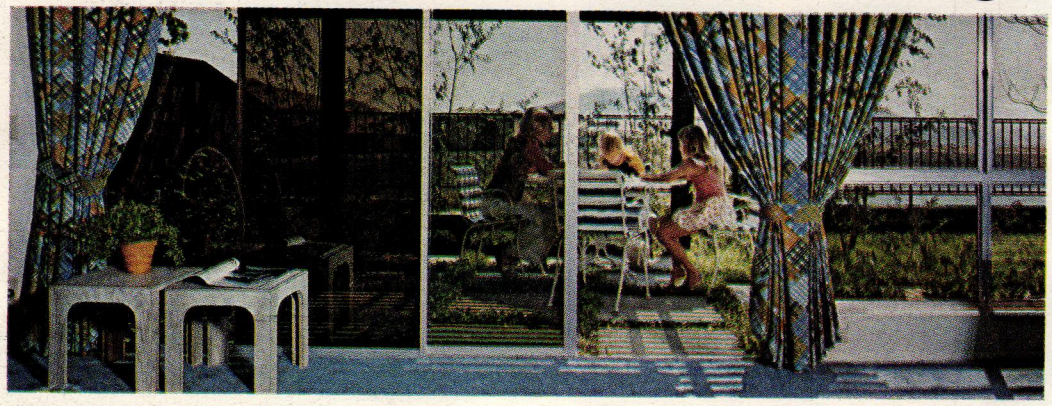
14 mg. "tar", 1.0 mg. nicotine av. per cigarette by FTC method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.



Builder: Robert Solomon, President, S.I.R. Developers, Inc., Garden Grove, California

New PPG Solarcool® glass for homes is a beautiful way to cut air conditioning costs.



Until now, PPG Solarcool Bronze reflective glass was used mainly for commercial buildings and institutions.

Now, it's available in ⅛-inch thickness, which makes it practical for homes, too.

In this model home nestled in the foothills above Anaheim, California, PPG Solarcool reflective glass looks perfectly stunning. But it has a practical side, too—the inside. Compared to clear glass, PPG Solarcool Bronze reflective glass delivers a 15- to 18-percent energy saving in air conditioning in this house—by reducing heat gain from the brilliant Southern California sunshine. (Data based on PPG computer energy analysis of this actual model. In other locations, savings could be even greater.)

In the daytime, the subtle, mirrored facade of Solarcool sharply reduces visibility from the outside: when you're inside, you can enjoy comparative privacy.

At the same time, it's a lot nicer to look out at all the sunlit flowers because the glare is cut down. And ultraviolet light, a major cause of interior fading, is greatly reduced.

Your builder or remodeler will appreciate the fact that it's in ⅛-inch thickness—standard for residences. It's practical for them to work with because it can be cut, fitted and fabricated into insulating units right in your own area.

Why not get the advantages of PPG residential Solarcool reflective glass. Write for our free 8-page color brochure. Or ask your PPG distributor or dealer for all the money-saving details.

PPG Industries, Inc., One Gateway Center, Pittsburgh, Pa. 15222.

PPG: a Concern for the Future

PPG INDUSTRIES

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Now have a beautiful night.

The new Lady Englander.®

So luxurious. Maybe even a trifle extravagant. There's never been a mattress quite like it. Look for the Lady Englander signature beautifully embroidered on each one. Nylon stretch knit* cover. Choice of firmnesses to suit your individuality. At finer stores only. The Englander Company, 585 Vandalia, St. Paul, MN 55114.

Lady Englander

*Chemstitch fabrics of Enkalure nylon by Guilford Mills.



Inside and out, they're the best seals around.



DAP Kwik-Seal® Tub & Tile Caulk gives you a neat, white watertight seal around tile, tubs, sinks and showers. It's easy to apply. Stays flexible, takes paint. You can also grout tile and caulk interior window and door frames.

DAP Acrylic Latex Caulk seals cracks and joints inside or outside around windows and doors. Keeps cold air out, saves heat loss. Helps paint jobs look better, last longer. It guns on easily, dries for painting in just 2 hours.



Home fix-up's a snap with DAP

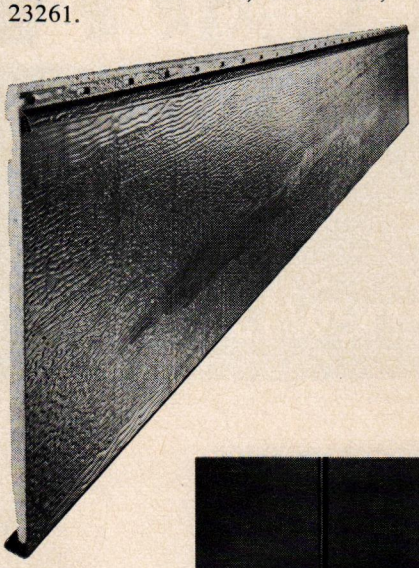
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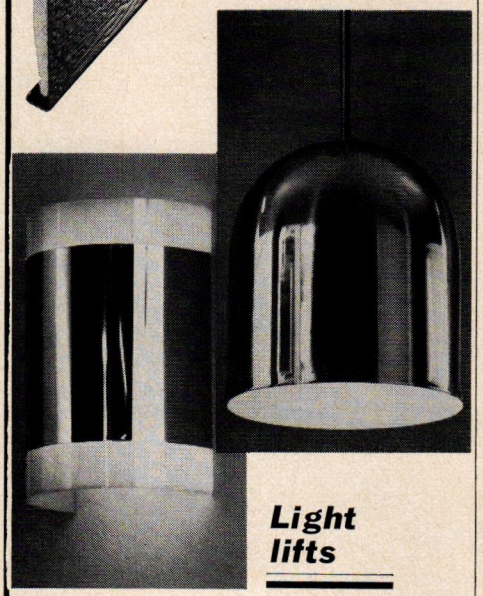
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Continued from page 62

All in one insulated siding

A new exterior wall siding incorporates insulation. Of aluminum, it is backed with polystyrene attached by adhesive to provide wall material and insulation in one unit. Siding panels are 12 feet, 6 inches long, .019 or .024 inches thick, with 8-inch exposure, in three patterns—smooth, roughwood, or shadow grain. Baked-on finishes, an acrylic in 12 colors, a vinyl in 6 colors, never need painting. For existing houses, where insulating materials are hard to install, as well as new construction, the insulated siding has air vents to prevent moisture buildup. Reynolds Metals Co., Richmond, Va. 23261.

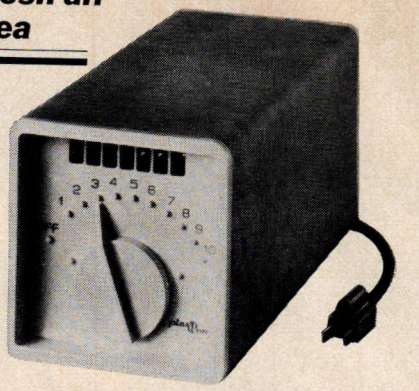




Light lifts

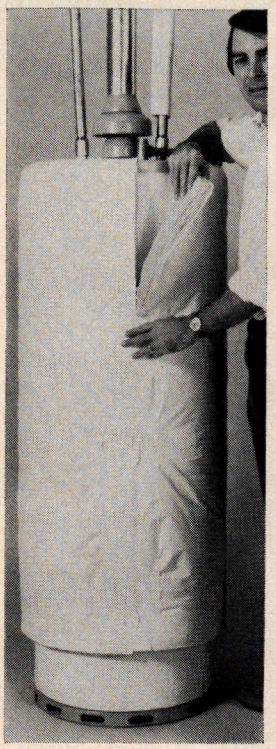
Two fixtures for good light and good looks. The hanging pendant is heavy gauge aluminum on the outside, white matte on the inside for super reflectance. It comes in polished brass and chrome, matte black or white, bronze, and red, $65 with cord or chrome stem mountings. The half circular wall bracket of translucent white lumacryl plastic is girdled by steel in polished brass, chrome, or metallic red, $35. It can be mounted vertically or horizontally, is also available in rectangular form. Habitat, Inc., 150 E. 58th St., New York, N.Y. 10021.

Fresh air idea

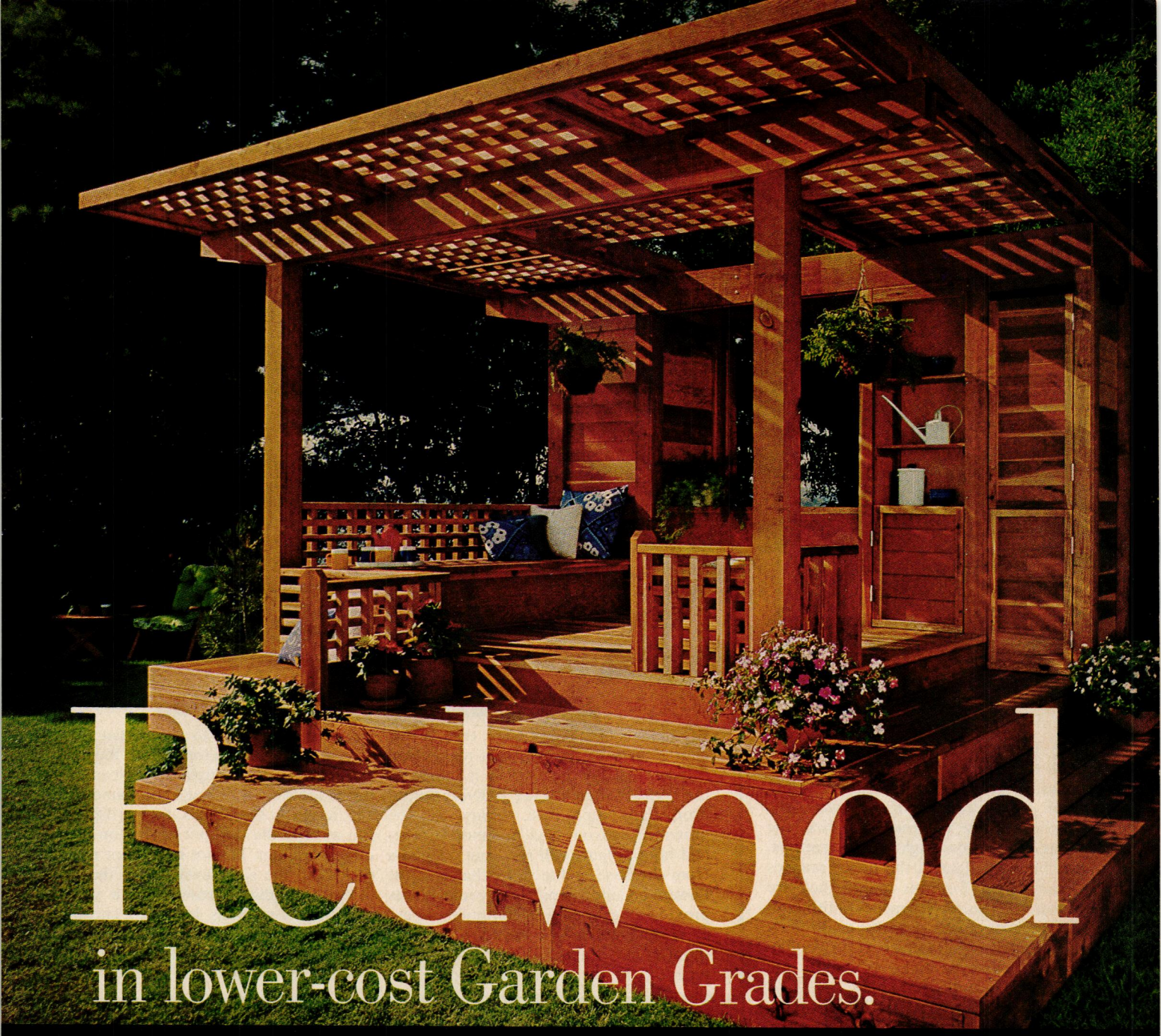


This deodorizer *neutralizes* odors, smoke, or mildew, instead of masking them with scent. The dial-faced unit stores a removable cartridge that dispenses an effective vapor from a nontoxic chemical. The dial can be set from 1 to 10 to deodorize according to the strength of the odor and size of the space. Electrically operated with an on-off switch, the Plastocon Odor Control Unit plugs into an outlet, has a suggested price of $143 with cartridge. Plastocon Sales, Milwaukee, Wis. 53209.

Wrap it all up



Uninsulated gas or electric water heaters are major fuel wasters. Here is insulation you can apply yourself to cut fuel costs and conserve energy. It is a fiberglass blanket, 48 by 87 inches, with a vinyl outside surface, to wrap around the heater. It comes in a kit with instructions on measuring dimensions and cutting the insulation to fit heaters. Seams and tabs are fastened with tape and no special tools are needed. Approximately $21. Johns-Manville, Box 5705RP, Ken-Caryl Ranch, Denver, Colo. 80217. ■



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Dramatic accents—bromeliads

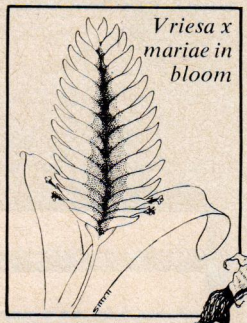
Almost perfect house plants if you look after their built-in watering system and treat them to plenty of mist

By Richard Langer

Above, Aechmea fasciata gives a corner gusto. Right, striped N. carolinae

■ Bromeliads offer strikingly attractive foliage, spectacular flower spikes, and colorful berries; and they are tough, easy to care for, if somewhat slow growers. Native to South America, the plants often grow high in the treetops, searching for light in the upper reaches of the jungle. For this reason they are known as *parasitos* (parasites), although they are not actually parasitic at all. They merely anchor themselves with steel-like roots in whatever niche or cranny the seeds happen to have alighted.

Ranging in size from inch-high specimens to giants topping over 30 feet, their habitat spans steamy jungles to sandy windswept beaches and even frigid mountaintops. Their only environmental constant is moisture-laden air. This doesn't mean that bromeliads must be grown in a super-moist atmosphere indoors, but clearly all bromeliads grow better with daily misting. They absorb the vast majority of their water and nourishment through their leaves rather than their roots. You will find the thirsty bromeliad has its own "cup" or vase, which is built up at the plant's center by the overlapping leaves. In the wilds, this cup fills with rain water *(Continued on page 72)*



Vriesa x mariae in bloom

Potting pineapples

The only bromeliad eaten with regularity is the pineapple. Next time you serve one, keep the spiky, sharp-leafed top. Planting won't grow another delicious pineapple unless your thumb is exceptionally green, but you will get fresh, striking green foliage. Cut or twist off the top of the pineapple. Scrape away any brown remaining soft flesh, wash, cut off any brown leaves close to base. Put the top aside overnight in a warm dry spot, to prevent mold.

The next day, place the pineapple top on a layer of soil in a 6-inch pot. Do not try to bury it to make the "plant" stand up (it increases the chances of rot). If it wobbles, there are two easy ways to hold it in place. Pins can be pushed right through the edges of the base and into the soil without any damage. Alternatively, tape can be led from the edge of the pot, given a half twist as it passes the plant (so the sticky side does not adhere), and anchored on the opposite side of the pot. Fill the "cup" in the plant's center with water, until the roots develop. Even after they do so, it's still the best way to water your pineapple.

How to expand your collection

Bromeliads bloom just once, then in due course they die. Now if that makes you decide they are not worth it, consider their positive habits. Like all living things, bromeliads reproduce. Many can be grown easily from seed, and most bromeliad house plants will send out offshoots from the base of the spike that has just flowered. Called pups, these young plants provide an easy way to continue and expand your collection. Wait until an offshoot is about a third the height of the parent plant, then take a sterile knife and cut it free, as close to the parent plant as you can. (A knife fresh from the dishwasher is sterile enough, or you can pass the blade slowly through the flame of a gas range a few times to sterilize it.) Pin or tape the offshoot to the top layer of soil in a pot. Do not bury it, or it will rot. Keep the soil moist, water the cup in the bromeliad's rosette. In a young pup, this sometimes leaks, so check it daily. That's all there is to do. In a couple of weeks, the plant will have settled in, growing for another year's bloom.

Make a bromeliad tree

An attractive characteristic of the bromeliad is that it doesn't have to be grown in pots. There's nothing wrong with pots, of course. But as your plant collection builds, rows and rows of pots can be visually distracting. A solution is to make a tree. A large piece of driftwood—or any interesting leafless branch—can be used. Cut some flat sections off the bottom so it has a firm base to stand on. Fill natural pockets with a little soil to hold the plants. Add more pockets by gouging out the wood with an electric drill. Use a humusy soil mix to which a fair amount of sharp sand, perlite, or vermiculite has been added to keep it open and airy. Soil that packs may cause root rot. If the newly planted bromeliads seem wobbly, tie them down to the wood with clear fishing line. Once the plants have rooted well, you can cut the tie away. The care of the bromeliad tree is the same as for plants in pots—but some extra misting on the leaves is always a good idea.

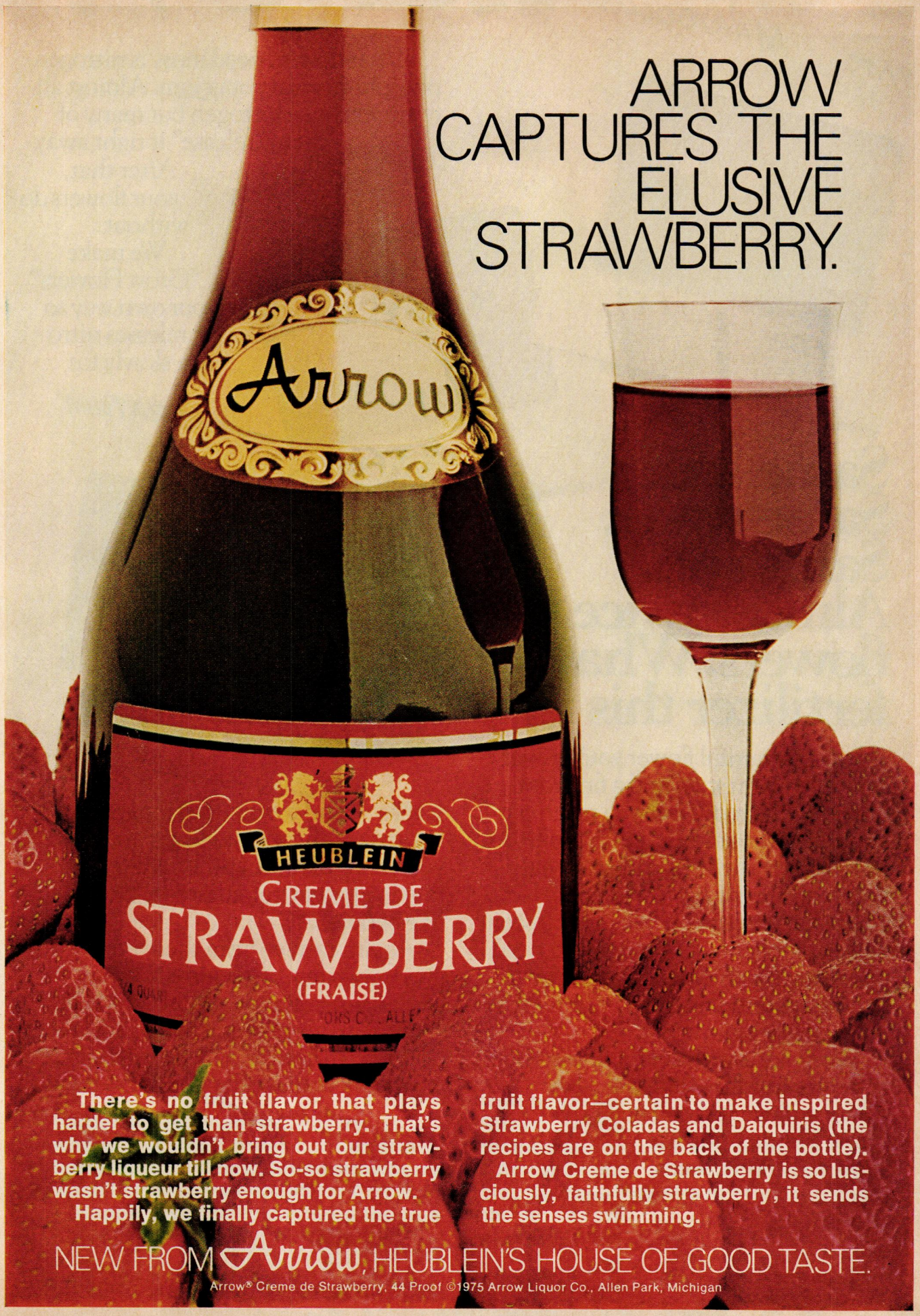


Driftwood bromeliad planter

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Moorpark, Calif. 93021
Seaborn Del Dios Nursery
Rte. 3, Box 455
Escondido, Calif. 92025
Then, of course, there's The Bromeliad Society, Box 3279, Santa Monica, Calif. 90403. For $10 a year, you get its bimonthly journal and lots of help.


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Every beautiful flower you've ever seen had a firm stem and a fine root under it. The root's job is to reach out for food and water. All you have to do is make sure the food and water are there for the taking.

We know some people make it seem more complicated. They say you need one thing for annuals, another for perennials and something else for roses. But you just plain don't.

We make a fertilizer for flowers here at Scotts in Marysville, Ohio, and we just call it Grow Flowers. You use it on all flowers, seeds, seedlings and full-grown perennials.

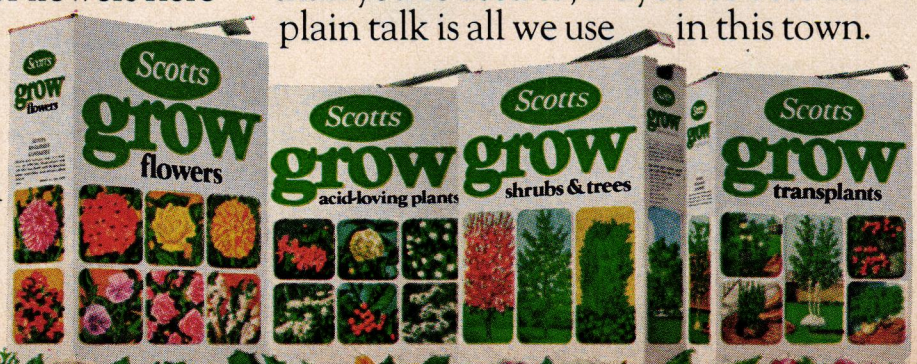
Scotts fertilizers for flowers, shrubs, trees and transplants.

What flowers need most is nitrogen, phosphorus and potassium. Almost all fertilizers have nitrogen but many of them "release" it right away. After that, your flowers do without.

We make "Grow Flowers" our own way so it releases nitrogen slowly for weeks and weeks. This longer feeding makes the stems strong and gives you more blooms and bright colors. Food helps put color in roses' cheeks just like people's.

As you can see from these boxes, we also have a few other ideas for your garden just as simple as "Grow Flowers."

If the name makes it all sound easier than you're used to, maybe it's because plain talk is all we use in this town.



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"Recliners take up too much room."

La-Z-Boy Wall-Recliners keep everybody happy. They recline 1" from the wall.

At home with DUPONT NYLON

Do something nice for him. And for you. Give him the chair that's big on comfort, but small on space—a La-Z-Boy Wall-Recliner.

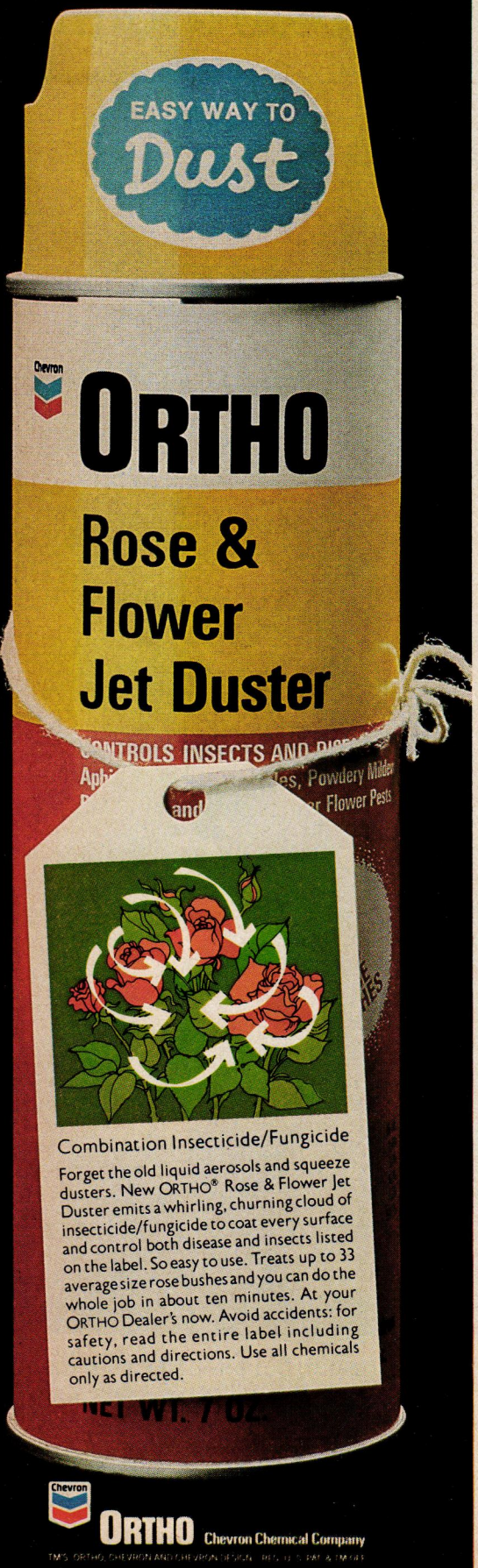
This is the chair that doesn't just sit there. It reclines as far back as he could possibly want, including full bed rest. And the independent legrest goes up and down whenever he wants. Yet because this recliner stays one inch from the wall in any position, it's ideal for today's smaller living quarters.

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Bromeliads
continued from page 68

or condensation, leaves and other fallen flotsam supplying not only most of the plant's moisture, but nutrients as well. The best way to grow bromeliads indoors is to make sure their cups runneth over. When the cup gets low, fill it up again—but not with heavily chlorinated water which the plants detest—and let any excess water flow over to wet the roots. Except for desert varieties, bromeliads should never be allowed to dry out. Light feeders compared to most faster-growing houseplants, they should be kept on a diet when it comes to fertilizer. Add a dash once a month to the water when you fill the cup. Beyond these general tips, care varies from species to species, primarily in providing the amount of light needed for best growth.

Aechmea fasciata *(Silver Vase).* The popular aechmeas, with their large urn-shaped rosettes of toothed foliage, are archetypical bromeliads in appearance. Probably the easiest to grow is *A. fasciata,* noted for its silvery-white striated green leaves. It likes a warm place with partial sun and humusy soil kept constantly moist. The flower stalk is erect and rises considerably above the plant before the blue flowers emerge from the pink bracts, or flower leaves. These bracts often last an incredible 3 to 5 months. A week's dry period during the summer helps to initiate flowering.

Araeococcos flagellifolius. Slender whiplike bronzed leaves up to 4 feet long need full sun to develop their most striking color. But since the plant is native to fairly arid regions, the humusy soil should be allowed to dry out between waterings. Pink flowers and red bracts are followed by blue-green berries.

Cryptanthus zonatus *(Earth Star or Pheasant Leaf).* An easy-to-grow terrestrial bromeliad that can readily be left unattended during a 2-week vacation, *Cryptanthus zonatus* is grown for its spectacular foliage rather than the small white flowers it hides in the center of its rosette. Given warmth and some sun, the plant will send out numerous wavy bronze/purple leaves slashed with bold silver-white cross stripes.

Neoregelia carolinea. Maples turn in fall; *Neoregelia carolinea,* coming from south-of-the-border, changes in spring, the flaring nestlike rosette going from a metallic brown-green to a brilliant deep red. A group of white-edge violet flowers bloom one at a time from a large disc in the bottom of the vase. The plant needs plenty of sun for its pyrotechnics.

Nidularium innocentii *(Black Amazonian Bird's Nest).* If you don't have much direct sun on your plant shelf, here's the perfect bromeliad for it. *Nidularium* does well in bright diffused light as long as it's warm. Striking dark leaves, almost black in color, contrast beautifully with the short rust-colored bracts bearing white flowers.

Vriesia x mariae *(Painted Feathers).* Hybrids are unusual among bromeliads, but here's one that makes up for the absence of others. Light green to pink-tinted foliage with a long-lasting, rose-colored spike bearing a red and yellow "boat" of bracts. Although the small yellow flowers themselves last only a few days, the bracts, which are actually more striking, will last for months. Partial sun and lots of humidity are needed for best growth. ■

Creative furniture finishing
continued from page 61

soft sponge, and wipe onto the furniture. It dries instantly. You can then outline the grain using a lip-liner brush. For a satin finish, rub with lemon oil and protect with a coat of polyurethane.

Aluminum or gold foil can turn any small table with basic straight lines into a fresh piece of furniture. Tear off about 2 feet of foil, and crush it in a ball so that it's all wrinkled. Flatten it out with the palms of your hands, then spray a puddle of quick-drying brown enamel into the center of the foil. Spread the paint around with a sponge dipped in turpentine and rub harder in some areas than others to get a rich texture of light and dark effects. Tear the foil up into small pieces in various sizes and shapes and, with Sobo, glue the pieces onto the table at random, overlapping shapes to get a pattern of lights and darks. Follow with a spraying of clear liquid plastic.

A glazed finish will achieve a subtle depth of tone for any piece of furniture. Glaze, which is slightly thickened varnish tinted with oil paint, is a veil of color that you can buy in cans or mix on your own. It's painted on top of a base color, then wiped off in continuous strokes with a soft cloth, steel wool, or sponge. Each material used creates a different surface, and there are all sorts of wonderful effects you can have: A plastic cleaner's bag, crumpled and dabbed on wet glaze, gives a marblelike pattern. A ball of cheesecloth, pounced on a surface, will give a cloud effect. You can have a tortoise-shell look by spraying glaze with mineral spirits. And for a plaid stripe design make crisscross hatchings with a stiff bristled scrub brush. If you don't like your results you can always wipe clean and start fresh—glaze takes 6 hours or longer to set, leaving plenty of time to remedy mistakes.

Get a pointilism effect of blended colors with a spattered finish. The idea is to spatter on colors, two or three from light to dark tones, using a 2-inch brush and a block of wood. Thin paint to light cream consistency and make a puddle of it on a piece of aluminum foil. Pounce the brush straight down in the paint, coating the ends of it, then crack it sharply against the block of wood, working quite close to the surface of the furniture. Practice spattering on a piece of newspaper first—

Continued on page 152



A conservation piece.

Everybody's talking about Yankee Barn Homes and the many kinds of energy they save. They're talking about the exceptional insulating qualities of these unique structures. But the thing that really gets everyone excited is the way a Yankee Barn conserves your time and energy. These homes truly invite you to express your lifestyle. Because of their maintenance-free construction, they allow you the time to enjoy that carefree lifestyle fully.

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Winnipeg
continued from page 76

takes its eating seriously. For some of the best local cooking: Oliver's lists itself primarily as a shrimp and lobster house, but its steaks are exceptional. The Velvet Glove (Winnipeg Inn) is an 18th-century Georgian room, where it's possible to get perfect oysters Rockefeller, and smoked or grilled local fish. The Factor's Table, where menus are in French and English, has interesting English/Canadian cooking.

For ethnic eating—in Winnipeg, it almost has to be ethnic—there's La Grande Canal of Venice and the Old Spaghetti Factory (Italian), Ichi Ban (Japanese), Mozart Café (Viennese), La Grenouillère (French/Canadian), The Happy Vineyard (German).

☐ **SHOPPING**

Hudson's Bay blankets are available at large department stores like Eaton's and Hudson's Bay. Lightweight and warm, lively with colored stripes (and marked in black with the number of beaver pelts they used to bring), they're a good buy for our new lower indoor winter temperatures.

Indian handicrafts, particularly Eskimo soapstone carvings, are another Winnipeg specialty and available at several shops (Crafts Guild of Manitoba; Bowring's; Odjig Print Gallery and Gift Shop). True antique stone carvings are smallish, hard to find, and very expensive. Many reproductions are available; so is the work of some modern craftsmen—the best, of course, also quite expensive.

For an unknown reason (one can't blame everything on the long winters, but perhaps they encourage a sweet tooth) candies in Winnipeg are varied, interesting, tasty, and omnipresent. There seem to be few chocolates (those there are, are unusual), more other picturesque ways of turning sugar into treats. For a selection, try The Bay, or the candy shop in the Convention Center Arcade.

☐ **WHERE TO STAY:**

At the Winnipeg Inn, one of the Western International chain, all the beds have electric blankets. The Fort Garry, a Canadian National hotel has 265 recently redecorated rooms. The Marlborough, downtown, is also newly redone and has a German rathskeller.

☐ **HOW TO GET THERE:**

By air: Air Canada; CP Air; Midwest, Northwest, and Frontier Airlines; Trans-Air Ltd. By rail: CNR and CPR railroads. By bus: Greyhound or Grey Goose lines. ■

Sandra Oddo is the editor of Solar Age *magazine and a former feature writer for House & Garden.*



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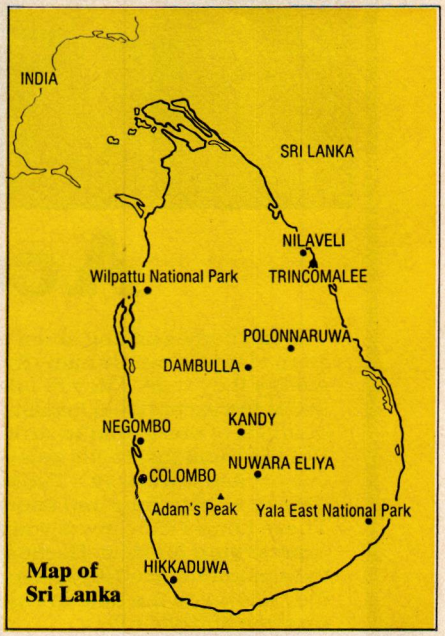


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Sri Lanka
continued from page 74

water, and cumin. South of Colombo is Hikkaduwa, a resort with beautiful coral reefs. Good scuba diving or snorkeling. Though you can rent scuba equipment, I recommend bringing with you a good mask (that fits) and a snorkle.



Be sure to be in Kandy in late August when a fantastic spectacle, the Esala Perahera (procession) is held. Dating back to 1774, it is a unique celebration, which in recent years has consisted of 150 beautifully caparisoned elephants

Continued on page 80

Win a week away to the Thermos® picnic spot of your dreams.

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1st Prize: A 7 day 6 night trip for two. Winner will select a "Picnic Spot" from 100 hotels and resorts. Included is round trip transportation from winner's home, three meals a day plus a terrific Thermos picnic (winner keeps the Thermos ware!), baggage handling and hotel transfers. (Winner must select picnic site 30 days in advance of trip.)

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30th Thru 38th Prizes: Thermos Deluxe Picnic Pac. #109/10.

39th Thru 100th Prizes: Porta Lamp with Battery by Ash Flash. #7821.

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1 Hand print your name and address on an official entry blank or plain piece of paper, 3" x 5".

2 Enter as often as you wish, but each entry must be mailed separately to Thermos Win-A-Week-Away, Box 555, Harrison, New Jersey 07029. Entries must be postmarked by July 15, 1977 and received by August 1, 1977.

3 Winners are selected in random drawings from all entries received under the supervision of Ventura Associates, an independent judging organization. All decisions of the independent judging organization in matters pertaining to this sweepstakes are final.

4 One prize to a family. No substitutions for prizes offered. Offer open to residents of the United States except employees and their families of Thermos Division, King-Seely Thermos Co., Top Value Enterprises, Inc., 555 Group Inc., Ventura Associates, Inc. and their respective advertising agencies.

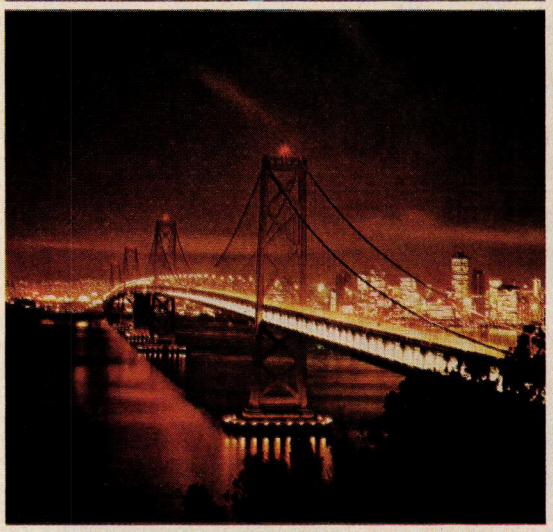
5 Offer void in the states of Wisconsin, Florida, Missouri and Maryland and wherever else prohibited by law. Offer subject to all federal, state and local regulations.

6 For a list of major prize winners, send a stamped, self-addressed envelope to Winners List, 555 Group, Inc., 555, Madison Avenue, New York, New York 10022.

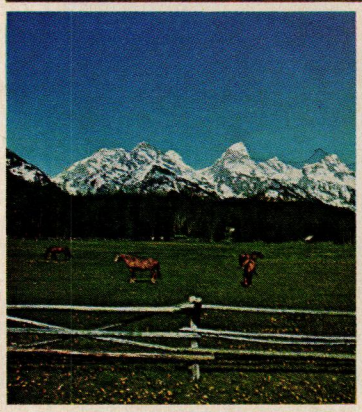
Here's all you do to enter the Thermos Win-A-Week-Away Sweepstakes: Fill out the entry blank at right. Mail with the proof of purchase from a Thermos product. (Or write "Thermos" on a 3" x 5" piece of paper.)



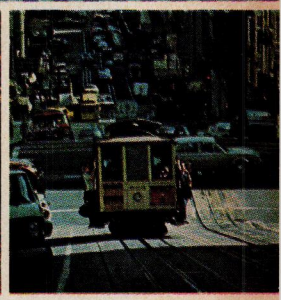


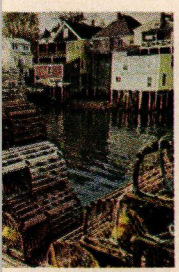


















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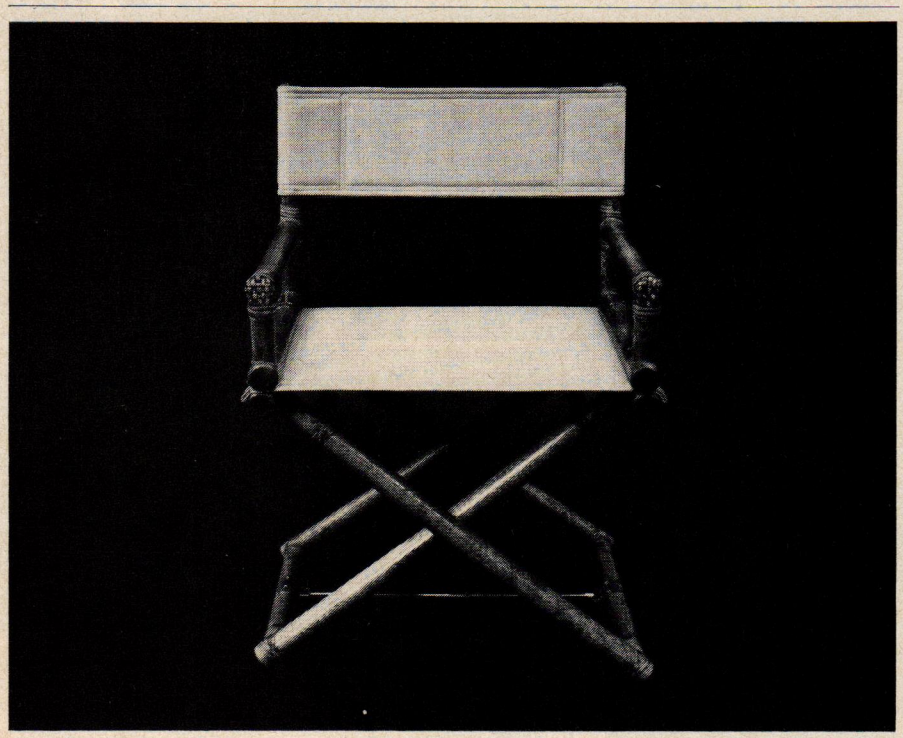
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U. S. PATENTS 2,936,009; 3,297,063; 2,837,142

Sri Lanka
continued from page 78

surrounded by troupes of dancers and drummers parading through the streets of the city by torchlight for several nights preceding the full moon. This year it's August 25-30.

My wife and I stayed for five months at the small Elephant Bath Tourist Inn on Lady McCallum's Drive, a two-cent bus ride from our door to town! We looked out on the Mahaweli Ganga, the largest river in Sri Lanka and were only 400 yards from the elephant bath where at least six elephants are bathed daily by their mahouts. We even had an elephant tethered next door at night and could hear her crunching her supper as we fell asleep.

Just outside Kandy in Peradeniya is a magnificent 147-acre Royal Botanical Garden (it dates from 1371), which is one of the best tropical gardens in the world with an especially fine collection of orchids.

Don't hesitate to try the local restaurants in Kandy. Try the Elephant House for Western-style food as well as Sinhalese; the Old Empire Hotel for curry and rice; and the Fast China Restaurant for excellent Chinese cooking. The service is a bit slow at the Fast China because your dinner is cooked to order. All of these restaurants will give you a good meal for less than a dollar per person.

After learning "the ropes" on the buses and trains, you can go in all directions from Kandy. Take a bus to the ancient rock fortress of Sigiriya with its 1,500-year-old sexy ladies, and stay overnight at the excellent Rest House where a double room with breakfast is about $5, and see the rock from your private porch. At nearby Dambulla you can see the 2,000-year-old cave-temple with a 45-degree reclining Buddha carved from the rock of his own cave! From Sigiriya you can go north to either of the ancient cities, Polonnaruwa or Anuradhapura.

Not far away (by train with an observation car that offers wonderful views of primeval forest), is the hill resort, Nuwara Eliya. The Hill Club, an old-fashioned, English club-hotel with 22 rooms, issues temporary memberships to visitors. This is also the area of the big tea estates, some of which have bungalows that operate as small hotels.

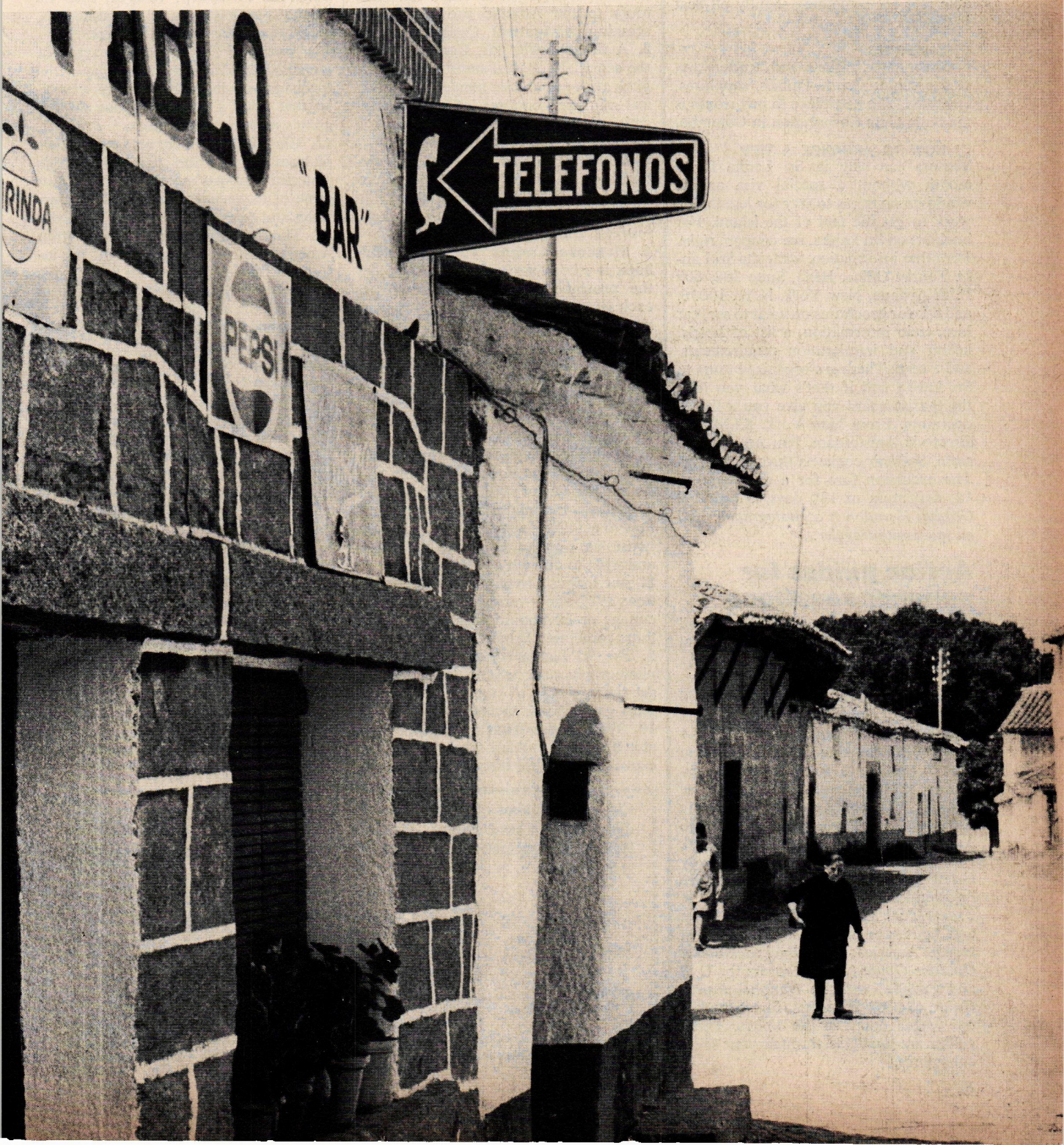
From April to September is the ideal time to visit beaches on the East Coast. Trincomalee with its beautiful and huge natural harbor can serve as a base to visit this little-visited territory. The Government Rest House at Kalkudah is very charming and comfortable. Each room has its own veranda looking out on the surf breaking 75 yards away. The charge was only $1.85 a night for a large double room with shower, and equipped with a ceiling fan and mosquito netting which we didn't use. The meals, though simple,

Continued on page 82

Home is wherever there's a telephone.

Almost anywhere in the world you find yourself, you can find a phone.
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And phoning ahead when you plan your trip helps make it a smooth one, too.
Long Distance is the next best thing to being there.

Bell System



Sri Lanka
continued from page 80

were generous and good, served in an open thatched-roof dining area. At nearby Pasekudah Bay, within walking distance, you can wade out a half-mile and collect seashells on the way.

The Blue Lagoon Hotel resort is just north of Trincomalee in Nilaveli. There are 20 simple bungalows, a wild garden, a beach where the surf is sometimes high, also a lagoon for swimming, ponies for riding. Local seafood is good. American Plan, per person, is about $7.50, a reasonable rate for something slightly off-beat in Ceylon.

☐ **SHOPPING**
Look for batik, baskets, and lacquerware, plus precious stones—rubies, sapphires, emeralds. The best place to buy stones is the State Gem Corporation in Colombo.

☐ **HOW TO ARRANGE A TRIP**
Visitors can stay in Sri Lanka for a month without a special visa and it would be pointless to stay for less than a week to get the feel of the island. For booklets on Sri Lanka, see coupon, *right.* For other information, write the Sri Lanka Tourist Office, H&G, Suite 308, 609 Fifth Avenue, New York, N.Y., 10036, and ask for brochures on what to see, car hire, train information, a list of hotels, health and immigration requirements, and a map. There are organized tours to Sri Lanka and if that's what you like, the tourist board can give you a list of operators. From New York, KLM flies direct via Amsterdam, Pan Am via Karachi, Swissair connects through Zurich. The excursion fare for a minimum of 14, maximum of 120 days, is $835. ■
Gordon Herndon is a photographer and an inveterate traveler.

Action guides for summer vacations

This sort of guide never existed until the last few years. But now in wonderful detail *Country Vacations USA* ($4.25) tells region-by-region how to take a vacation on working farms. Also a good source for country inns. Its companion paperback is *Adventure Travel USA* ($4.25) which, state by state, tells you how to arrange to go houseboating, canoeing, kayaking, rock climbing, horse trekking, ballooning, soaring, or touring in covered wagons. Available through Adventure Guides, Inc., 36 E. 57th St., New York, 10022. The Rand McNally Guide series offers more back-to-nature information. The *1977 Campground & Trailer Park Guide* ($6.95) gives facts and figures on nearly 20,000 parks in North America. The *Backpacking & Outdoor Guide* ($5.95) covers the U.S. and Canada, and the *National Forest Guide* ($4.95) describes, forest by forest, what's doing in the woods. These guides are available through your local bookstores.

House & Garden travel:

Booklets

to help you plan a trip

To plan better vacations, here are some booklets that give you information about where to go and how to get there. Just fill out the coupon below and return it.

1. Yes, Canada! A big brochure from Air Canada shows pictures of major attractions from coast to coast. Also lists tours to the Atlantic provinces, city-scouting in Montreal, Quebec City.

2. A three-booklet kit, **Canada,** covers the essentials: A vital-statistics brochure gives average monthly temperatures, typical rail fares, customs information, vacation ideas for each province, and a road map to plot your course.

3. Winnipeg Western Canada is a picture booklet highlighting the attractions of Manitoba's capital city. Includes the Cultural Centre Complex, sports, hotels, festivals, and shopping.

4. Manitoba Canada Vacation Handbook is a book-size guide which divides the province regionally and discusses each sector. Points of interest, museums, major events, sports in season, where to stay are all covered.

5. Maple Leaf Package Tours: Canada, Alaska, U.S. 1977, offers 5- to 24-day tours with travel aboard the Canadian National Railroads, one of Canada's two major rail lines.

6. Winnipeg's **Hotel Fort Garry,** is convenient to all the downtown sights and houses The Factor's Table for good food.

7. Ireland. Personally Yours. Details on how to get there, where to stay, what old houses are open to the public and when, and what to do with a family.

8. Aer Lingus's **Ireland & Britain Vacations 1977** offers variety: one-week trip, cottage or farmhouse vacations, 15-day tours combining Britain and Scotland.

9. The **Sri Lanka** booklet blends color photographs and helpful data: How to get there, where to stay and eat, shopping, game parks, ancient cities.

10. The Wonders That Are India, Nepal and Bhutan. Lindblad takes you to the exotic East. Tours throughout the area plus Sri Lanka, ancient architecture, palaces, the Himalayas.

11. A two-week motorcoach tour, **Three Star Cities of Belgium,** has been organized to celebrate its International Rubens Year. The trip covers 7 cities, including Brussels, Antwerp, Bruges, and La Roche. Visit castles, gardens, cathedrals, see works of the Flemish masters.

12. Medieval castles, canals, acres of woodlands and beaches are some of the special go-sees in **Bruges/Brugge,** a booklet that gives a glimpse of one of Belgium's most romantic cities.

13. Club Med's **Trident** magazine shows pictures and describes activities in all its American resorts near the U.S., plus some of its vacation villages in Europe. Rates and details at the back of the book.

14. The Art of Traveling, a booklet from American Airlines, is perfect for the infrequent traveler. Hints on planning a vacation as well as tips on what to expect in the airport and on the plane.

15. Carras Cruising 1977 describes excursions on board the MTS Daphne and Danae: U.S., Scandinavia, S.A., the European coasts.

16. Carter's Grove Plantation, Williamsburg, Va., an 18th-century house with things to see on 600 acres of land.

17. Carolina Trace, a resort midway between Raleigh and Southern Pines with a lake, a Robert Trent Jones golf course, tennis courts. Ideal for family vacations. Condominium rates are reasonable.

18. Longue Vue Gardens. New Orleans's best-known garden open year-round. Eight acres of flowers, trees, fountains, lawn—10 minutes from downtown.

19. New Elegance in Old New Orleans: Dine outdoors by a fountain in the courtyard of The Saint Louis, a small hotel in the French Quarter.

20. The **South Carolina Trip Kit** includes many booklets with information on places of historic interest, beaches, golf courses, a calendar of events, even a road map.

Circle the number of each booklet you want. Add 50¢ for postage and handling. Do not send stamps. Allow up to four weeks for delivery. Mail to: HOUSE & GARDEN, Dept. 6A, Box 3579, Grand Central Station, New York, N.Y. 10017.

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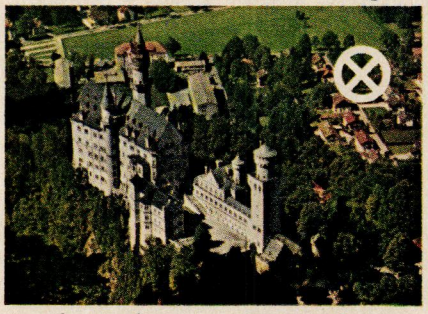
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How did an American Ford Granada compare in tests of smoothness and quietness of ride with a $20,000 German Mercedes?

Read how German engineers rated both cars after 7 days of testing.

For 1977, a new Ford Granada was brought to Germany for a scientific ride comparison with a Mercedes-Benz 450SE (U.S. sticker price: $20,689*). The Granada was a standard production car equipped with optional 250CID engine ($122.) and automatic transmission ($186.). Testing was conducted by an independent German engineering firm.

Excluding taxes, title, destination charges.



Aerial view of test site in Bavaria, Germany.

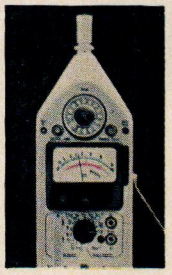
Test 1: Smoothness test.

To test for "riding smoothness" the German engineers drove the Granada and the Mercedes at various speeds over a variety of roads in northern Germany, ranging from cobblestone to smooth highway. Using a sensitive electronic recorder, they measured vibration levels.

Test results: *Analysis of the engineers' data showed that in three out of the four test conditions there were "no major differences" in smoothness between the Granada and the Mercedes.*



Test 2: Quietness test.



In the next series of tests the cars were evaluated for "quietness" of ride. Again, they were compared over a variety of German road surfaces at speeds from 30-55 mph. A sound meter recorded their interior decibel levels on the dBA scale.

Test results: *Analysis of the data showed that in all tests the Ford Granada consistently rode as quietly as the Mercedes-Benz.*

The Granada idea...

...was to offer American drivers classic styling and great riding comforts—at a sensible price.

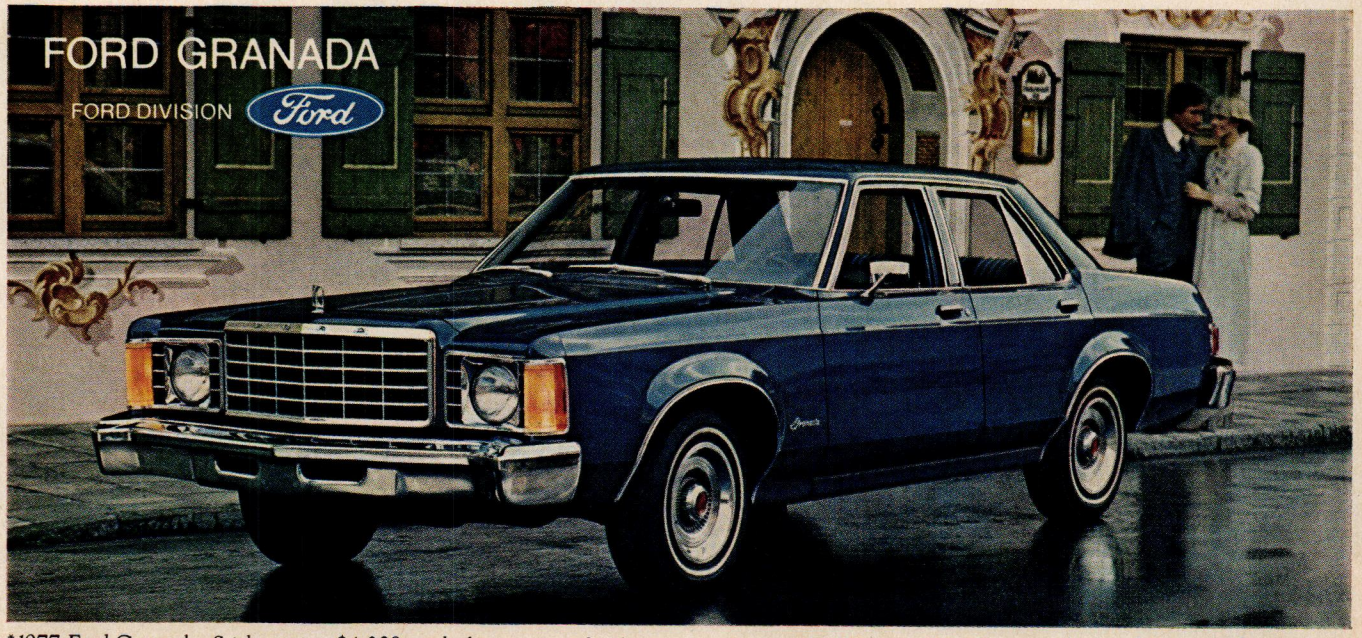
You've read what this Granada did



against a $20,000 Mercedes-Benz in Germany. Take a Granada test drive of your own and see for yourself.

FORD

When America needs a better idea, Ford puts it on wheels.



1977 Ford Granada. Sticker price: $4,038, excluding taxes, title, destination charges. WSW tires, $39. (Photographed in Garmisch, Germany)



Back then, few careers gave women the opportunity to supervise others.

You've come a long way, baby.

VIRGINIA SLIMS

Slimmer than the fat cigarettes men smoke.



Fashions: Koos Van Den Akker Couture

16 mg. "tar," 0.9 mg. nicotine av. per cigarette, FTC Report Dec. '76

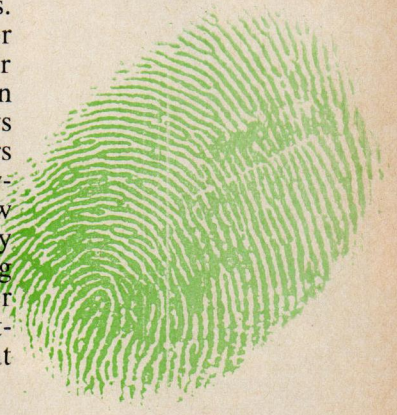
Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

House & Garden, June, 1977

How to decorate with a green thumb

Monarch butterflies, most birds, and every child of dreaming age know the perfect answer: Build your house in a tree. But for those who must for reasons of practicality forego this ideal, nature has provided us with something else—imagination. It begins with a basic outdoor attitude, a mind-set that impels you to arrange upholstered living-room furniture as if it were wicker on a terrace, to paint a wall sky blue or yellow as the sun, to entertain even at sit-down dinners with the informality one usually associates with picnics. When you begin to step in time with nature, you can adopt not only her colors and refreshment, but her peace.

And you can do it even if gardens do not flourish at your doorstep, even if you must crane to see the tiny tree in the sidewalk 20 floors below, even if shortages of time, space, or inclination prevent you from filling your rooms with plants (which is the obvious way to bring the outdoors in). Imagination lets us create the illusion of gardens with absolutely no watering, fertilizing, or Rototilling whatsoever. You could install lights behind the curtains for a suggestion of sunshine, paint the ceiling blue as a reminder of sky, paper a wall with clouds, use tree trunks for tables. You might nail wood-strip trellis directly to the walls, or create some with paint, complete with trompe-l'oeil flower baskets (learn how in House & Garden, April, 1977). In place of plants, picture a wallful of botannical prints—rows of them, edge-to-edge, floor to ceiling. Or big watercolors of topiary. Use stencils to create leaves and vines and flowers around window and door moldings, on floors and straw mats, in the centers of white canvas cushions. Or use jungly or gardeny fabrics as luxuriantly as if they were living plants. On the pages that follow, we've brought together an issue full of inventive, nature-loving ideas for decorating, remodeling, entertaining, living—just to show that gardeners aren't the only ones with green thumbs.



Alive with

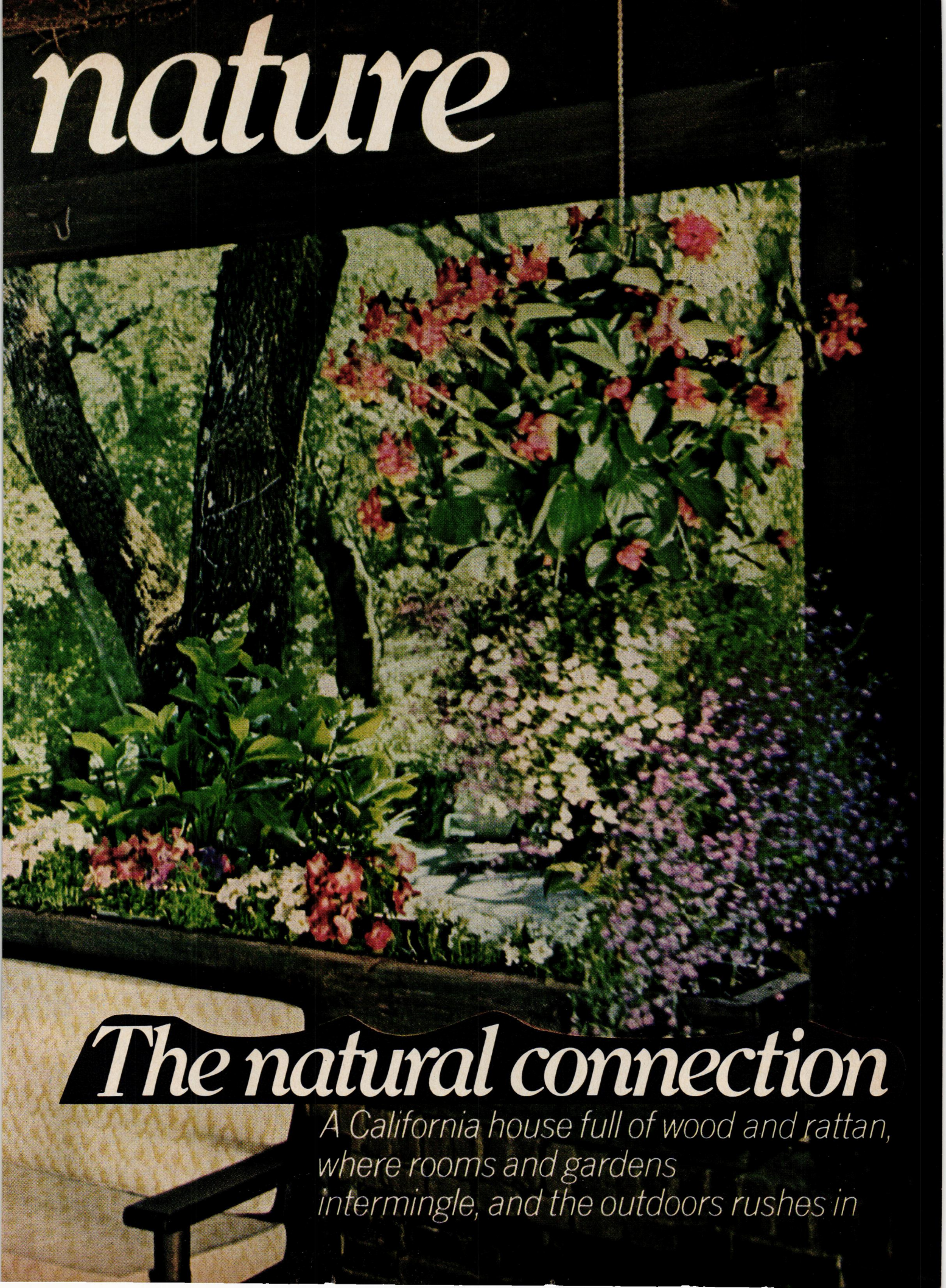
That's the way rooms ought to look today: fresh, lush, radiant—with more than a dash of romance. Starting here, beautiful ways to make nature part of your life



Above and left: A brick paved breezeway with joyous double hanging baskets of begonias and lobelia, virginia creeper overhead, and petunias tumbling in over the garden wall. The furniture, redwood disguised as bamboo. For more of this indoor-outdoor house, please turn the page.

FRED LYON

nature



The natural connection

A California house full of wood and rattan, where rooms and gardens intermingle, and the outdoors rushes in

CHUCK ASHLEY

There's a breeze blowing east from California, and it's making an impact on decorating everywhere. To capture the informal mood of easy-going people whose one infatuation is with the outdoors, decorating is lavish, yet uncluttered and free-flowing—with rooms that fraternize with one another and with the outdoors. For Californians John and Eleanor McGuire, who have always had a special interest in houses (they design furniture), this weekend house, a matter of wicker and wood, carefree fabrics, and lots of flowers and plants, became an eloquent statement about the intimate, relaxed life they wanted to lead there. "We wanted to recreate a certain nostalgic feeling, a kind of close family life that existed long ago," says Mrs. McGuire, whose main objective was to restore the "mellow character" the house had when architect Bernard Maybeck built it in 1906. To do this, the McGuires scraped and bleached all the redwood-paneled rooms to uncover their original friendly color, then filled the house with the rattan furniture they manufacture, and art they've lovingly collected from the Orient. "We, like most Californians, find the Orient appealing." Its influence starts with the architecture, continues in indoor-outdoor use of space, and a delight in detail.

FRED LYON





Above: The dining room with McGuire table and chairs—"round to expand the room and to let the dining experience be a social one." The 78-inch glass top rests on an Oriental-inspired fret base of 8 metal legs wrapped in natural bamboo and narrow strips of rawhide. Seat cushions on the Gothic-looking rattan chairs are covered in different antique Indonesian batiks. At each place, red lacquer mat, 19th-century Chinese export porcelain plate, Indonesian batik napkin.

Left: The hall to the pool area, paved in a brick pattern of glazed white tile. On the walls: panels made of wisteria vines on red-lacquered plywood backing, joined by strips of black bamboo. On the McGuire Gothic rattan table, 3 baskets of ferns alternate with 3 straw chickens.

Indoor-outdoor living in lively rooms inspired by the East

FRED LYON

Carved Hawaiian chair. Chinese lacquered lantern.

Below: For a centerpiece, a scattering of Ming porcelains each with a small bouquet.

Above and below right: The plant-filled garden room

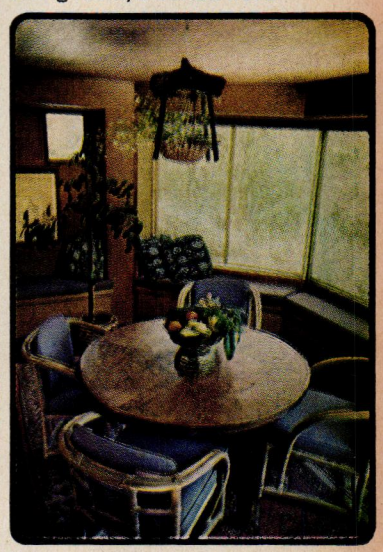


where the McGuires do most of their indoor living. Because this room was once an exterior room, redwood walls and ceiling have weathered darker than others in the house. McGuire willow furniture is cushioned in crisp white canvas also made into skirts for round glass-topped end tables. For a coffee table, a quartet of Chinese bamboo children's benches. The rug (like others in the house)



is woven from sea rushes in England by apple growers off-season. Panels are paintings that once covered a Japanese temple ceiling.

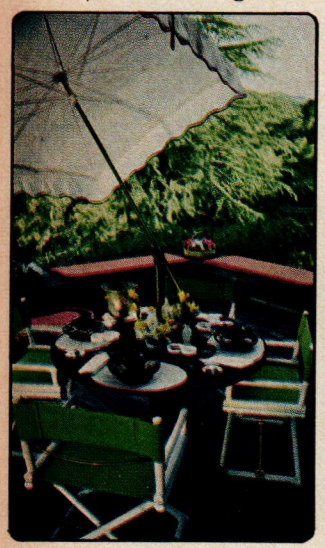
Below: In the breakfast room two steps above the dining room, a burled wood



folding table once used for alfresco dining by a Manchurian emperor. Above it, a Japanese Shinto shrine with a basketful of flowers. Eleanor Forbes rattan chairs covered in the same blue-violet Jack Lenor Larsen fabric as the window seats.

Indoors and out, every corner has its flourish of nature

Above: The living room, whose Eastern tone is set by the horizontal line of redwood paneling that stops one foot short of the ceiling. Furniture slipcovered in English chinoiserie linen. At the end of the sofa, a Japanese candlestick lamp of iron twisted like a netsuke. Under the Chinese altar table, two family members relaxing.



Above: Dining deck.
Right: Entrance hall.



CHUCK ASHLEY

Architecturally, the whole house blends naturally with its wooded site. Indoors, redwood paneling gives rooms a healthy glow. Outdoors, wood is used abundantly. The newly constructed arbor is cedar, the slatted fence is redwood, and the second story indoor-outdoor deck where the McGuires breakfast in summer is Douglas fir. Outdoor furniture is mostly redwood: The McGuires stained the round deck table dark brown and drilled a hole through its pedestal for the brass umbrella stem. More redwood, turned to look like bamboo, was used to make the breezeway love seats. "Wood makes the house cozy in winter; cool as a forest in summer. It's the perfect background for our indoor-outdoor furniture."

Right: The wisteria arbor, adapted by Thomas Church from Bernard Maybeck's church in Berkeley, was added to the house to let the McGuires relax by the pool in shady privacy.

FRED LYON



The good life, country style



A farmhouse in the middle of a garden, where a young family enjoys home-grown food, handcrafted decorating, and good friends to share with

Martha Stewart was a stockbroker and model before she moved with husband Andrew and 11-year-old daughter, Alexis, to an 1810 Connecticut farmhouse that badly needed putting into shape. "We stripped everything, took doors down, ripped out plaster, working on it at nights and on weekends" when Andrew, president of Harry N. Abrams, Inc., was at home. The large barn, *below,* was designed by her, built by him (it will house guests) as was the kitchen skylight roof, *left.* "Andy made all the kitchen cabinets. We used sycamore because it looks so good, but we didn't know how badly it warps." Mrs. Stewart stencils the floors herself, and is painting a mural in the hall. A gourmet cook, she runs a successful catering business, The Uncatered Affair, using her home-grown produce plus home-canned foods, and she gives cooking classes once a week. Her latest venture is a food store in Westport (page 10). What's the secret of her phenomenal talents, energies, and creativity? (1) She has an organized mind. "I don't make lists, but I've a mathematical feeling about planning. I can figure things out pretty well." (2) She and her husband are a super team. (3) They take risks. "Some people might call us careless—we just go ahead and do things." (4) She needs little sleep—maybe 5 hours. "I like to get up at 5:30 to garden. It's so nice and cool then." She calls her move to the country "reverse liberation." But it could inspire us all.



Far left: In the kitchen/dining room, with copper pans, dried herbs, and baskets hanging from original beams, Martha Stewart makes pasta and hangs it out on a clotheshorse. Other essentials: two KitchenAid machines ("I could use three") and a Cuisinart. Shopping information, page 148.
Left: In her vegetable garden, Mrs. Stewart rakes the soil.

SUSAN WOOD


Evergreen nursery
Rhubarb
Berries
Herbs
Blueberries
Vegetables
Perennials
Vegetables
Bulbs
Grapes on fence post
Peonies
Roses



Rooms are surrounded with planned garden views, and accented with herbs hung everywhere in glorious profusion

The good life ***continued***

Above: In the dining end of the kitchen, Martha Stewart arranges dinner for 6 (recipes, page 134). "We prefer small parties, 6 to 8 at the most, and I can cook elaborate things for that size." For bigger events, she serves simple dishes like moules marinière or pasta and she adds another table. **Left:** In the garden she planned and planted to look pretty from her windows, there are perennial flowers, herbs, three kinds of tomatoes, eggplants, and peppers, all grown from seed; sorrel, leeks "Andy's favorite vegetable," onions, scallions (see plan, *insert*). **Opposite page, top:** Window view of garden's architectural design. SUSAN WOOD



The good life *continued*

Above right: In the living room, Martha Stewart's stenciled floor, family furniture.

Above left: For stenciling, Martha Stewart uses latex semi-gloss enamel. "It's washable, so if you make a mistake you can wipe it off." She seals the floor with polyurethane. More instructions on page 54.

Opposite page: In the front hall another hand-painted floor, traced on. "You don't need to stencil diamonds."

Opposite page bottom: Mrs. Stewart painting her hall mural, using casein paint. "I studied American Primitive painting and copied it." Her approach to these challenges: "The thing is not to feel anything is unconquerable."

BEADLE

The decorating, honest rustic comfort with the surprise of hand-painted murals, hand-stenciled floors




Alive with nature
The gar

One woman's ever-blooming fantasy of flowering fabrics that make every room a garden

den within

If you're a romanticist with a passion for color, pattern, and especially flowers, you can instill—just by using fabrics, growing things, and a little healthy self-indulgence—the feeling that you're living in a garden. Interior designer Maxine Smith, whose house is "a self-portrait," brings prospective clients home to prove to them that their houses, too, can be as alive as they are.

"Whenever I go to see a future client," she says, "I adjust my antennae and roam around asking myself, 'Now, does anybody *live* here?' Is it comfortable, personal, imaginative, amusing? Not funny—but with a little wit? If the house can pass this test, you don't have to change much, just build on what's there. If it can't, you must create a new ambiance. You must prove that you can do it, of course, so I bring my clients to my place and say, 'Now this may not be your cup of tea, but it's me, a self-portrait, and if you'll let me, I can paint one of *you*.'"

Mrs. Smith does a tour: The house was built in the 1940s and designed by an architect named Wallace Neff, whose great claim to fame was Pickfair, Mary Pickford and Douglas Fairbanks's Beverly Hills palace. Well, this house is in Beverly Hills too, but it's a lot more comfortable than a palace, and full of personality. "Some of the furniture is very good, some valueless except for its rightness and contrast. All tied together with my favorite colors—pink, violet, lime green—and a great deal of pattern. It's a house with a kick: *P'zazz,* which is the name of my decorating firm. It's an odd word but to me, it means exhilaration."

Left: The living room. "Black and white and pink," says Mrs. Smith. "Even the walls have a faint tinge of pink, which you sense more than see. White-painted floor with very delicately patterned pink and white rugs, one white on pink, the other pink on white. Both bordered in black and white herringbone, bold as a zebra. Because I take chances, I added the black and white table, and that was enough p'zazz. Fabrics are chintz and moiré—pink flowers on black, pink flowers on white, a few stripes and polka dots, but not many. Pattern will run away with you if you let it, and the best leash I know is to use the same motifs in reversed colors." **Right:** Mrs. Smith, thinking pink.

HORST



The garden within *continued*

Above: The dining room. "If I were to label this room, I'd call it 'Summer Victorian.' Cotton curtains in a blue and white Chinese pattern that was copied for the rug, which is laid on a brick floor. Lots of wicker: second-hand chairs from someone's projection room, new made-to-order table that seats only six, which was deliberate! I like to talk." **Opposite page, top left:** Mrs. Smith ordering flowers from her flower fixer, Larry Satarain. **Right below:** The kitchen, big enough for the Smiths to cook in, eat in, sit in. Chopping-block work and dining table, sofa covered in a pink and white quilt, skylighted ceiling. **Far right:** The dining-room table "in full bloom." Blue, white, and pink porcelain, pink napkins, pink and red flowers. "Red? It's the cayenne of life!"


Dining in an indoor gazebo, or a kitchen full of wicker and light
HORST



In the bedroom, ferns and old lace; a field of violets to bathe in



The garden within *continued*

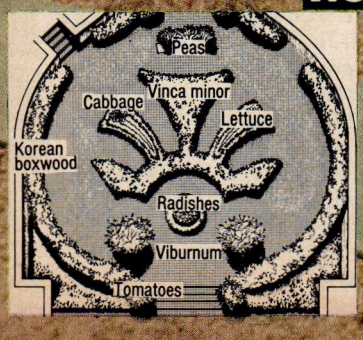
Opposite page, top: Upstairs sitting room. "My office, a kind of work-in garden. Ferns in two sizes—one for the wallpaper, one for the chaise longue. White, violet, and green afghan courtesy of my mother-in-law; carved desk courtesy of China; brown wicker swivel chair courtesy of a garage sale. White carpeting. We tread lightly."

Far left: Master bath. "More skylights and ferns, a violet-patterned wallpaper, and a marble countertop the color of an amethyst. Theatre dressing-room lighting. If you look good in it, you look even better elsewhere."

Left and above: Master bedroom. "My favorite room, probably because of the bed and its lace canopy and hangings—put together by The Linen Tree, a local shop. Victorian love seat, a table skirted In white moiré embroidered in violets. Floor pillows are our seats for TV." HORST

The well-dressed

ROMANTIC AND EDIBLE COURTYARD GARDEN



Once a rose garden at the back door, this formal fleur-de-lis was transformed into a vegetable garden without changing the special feeling of a romantic courtyard. The owners, Mr. and Mrs. Bayard Roberts, kept the beds and borders low (each is neatly trimmed in brick) and the colors simple—shades of green and white. A wreath of Korean boxwood punctuated by four small viburnums encloses a main bed of Vinca minor with two spokes of lettuces, basil, peppers, carrots, Swiss chard, and cabbages edged with candytuft. In front, icicle radishes in a candytuft circle. Beyond the gravel paths that frame the fleur-de-lis, a 6-foot rectangle of peas. Potted tomatoes flank entry steps.

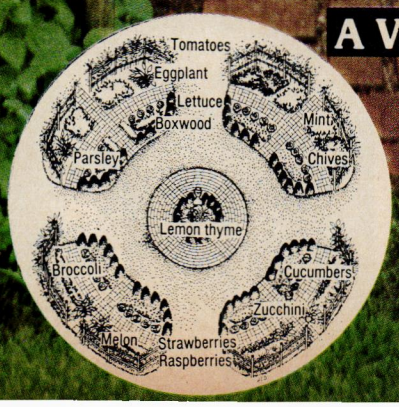
Above: The courtyard vegetable garden, set below lawn and surrounded by trees. **Left:** The garden plan.

BROTMAN

MARINA SCHINZ

vegetable

Treat a vegetable like a flower, and you can create formal gardens good enough to eat

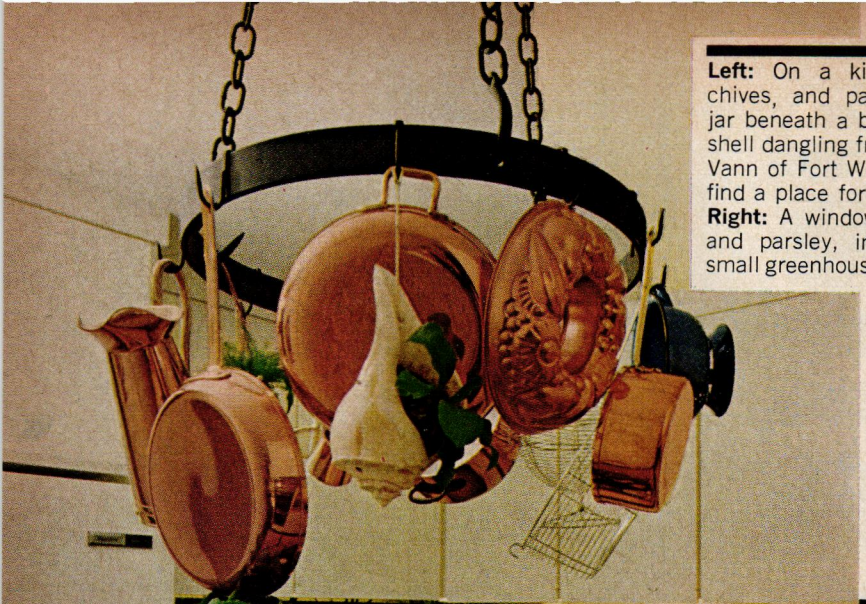


A VICTORIAN NOSEGAY KITCHEN GARDEN

At first glance you might not guess that this nosegay of a garden is full of vegetables. Concentric circles of brick, grass, and tiny spheres of box surround a small statue ringed with roses and lemon thyme. Each boxwood arc has a ruffle of lettuces intermingled with basil, lemon verbena, and lemon geraniums. Just inside the fence grow beds of herbs and strawberries dotted with vegetables, and the fence itself supports cucumbers on the inside and semicircles of tomatoes and raspberries on the outside. Each entrance is bordered by edible plants: eggplant, mint, chives, zucchini, melons, parsley, or marigolds (petals are good on salads). Designed for Mr. and Mrs. Andrew Goodman by Leonore Baronio, Rye, N.Y.

EMERICK BRONSON

Above: In a fenced garden, vegetables and flowers arranged like a bouquet.
Left: The garden plan.



Left: On a kitchen counter, cabbage, chives, and parsley share a strawberry jar beneath a bird's-nest fern in a conch shell dangling from the pot rack. Mrs. J.D. Vann of Fort Worth says she "can always find a place for a plant I like."
Right: A windowsill pot farm of lettuces and parsley, in the Shepherd Brooks's small greenhouse.





MARINA SCHINZ



BEADLE

GREEN AND WHITE
LUNCH FOR 6

Coconut chicken breasts
on green and white noodles
Cranberry Mexicana
sauce
Sautéed fillet of sole
with sour cream and dill
Patty pan squash

Green salad
Bread sticks

Honeydew melon with
lime and kiwi slices
Green grapes
Key lime pie



Above: Poolside vegetable garden and tubbed fruit trees: unexpected productivity for Dr. and Mrs. L. Wilbur Zimmermans' backyard—and festive as flowers.

10 ingenious ideas to help you get the most grow power from the gardening space you have

Bulletin: Vegetable prices hit an all-time high in the early months of this year, and with severe water restrictions in Western states, rising prices may be expected to continue. Commercially grown vegetables lead the rising food costs; with 3 to 5 percent increases expected for the latter part of this year, now is clearly the time to plan your own inflation-beating harvests. Limited space? Don't let that stop you. In Utah, Brigham Young Professor Frank Williams spent a total of 3 hours in one 5-by-5-foot Rototilled experimental plot and got 59 pounds of vegetables—nearly 20 pounds an hour. Others are putting odd patches of yard to work, and even growing crops at their windows. Why? Because they harvest fresher, better-tasting vegetables, and save money doing it. And so can you.



WILLIAM P. STEELE

Above: Fresh from the garden green and white buffet—plus red cranberry Mexicana sauce hiding in a pitcher (see menu, *above left*). Bill Steele and Matthew Mattiello prepared it for six of their friends—for just $3 apiece.

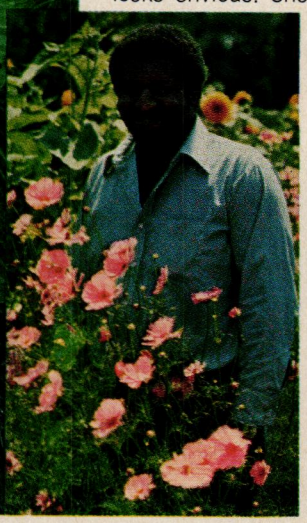
Nice ways to beat the high cost of vegetables







Above: A formerly fallow slope near a driveway now produces 50 by 20 feet of 8 kinds of vegetables, 11 herbs, 2 kinds of berries. The birdbath is a wok. By Leonore Baronio. **Left:** Which cabbage looks best-fed (and best-tasting)? Top one dined on Seymore's Super Green, a patented fertilizer by Phillip Seymore, *below*. In basket, grocer's cabbage looks envious. Shopping data, page 148.



Right: Rosemary—frequent companion to pork, lamb, and chicken, thrives in pots outdoors in summer, indoors in winter. Clay pots by Kitty Bright.



EMERICK BRONSON







Above, right: The early seedling produces first. Here, bottomless cider jug keeps it warm; hay mulch keeps soil moist. Harry Rogers's method for a weekend garden.

Right: Leeks, a gourmet's delight, hard to get, easy to grow. Here, Burpee president Bill MacDowell, and wife, Jane, harvest.

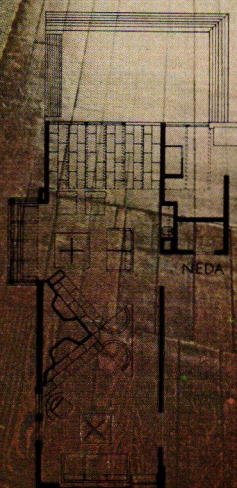
Left and far left: The Mascheroni family has garden-produce year-round: fresh, then preserved all year. Here, Sarina and son Mark bottle caponota, an eggplant relish.



Let there be light

3 enlightened remodelings that bring the outdoors in

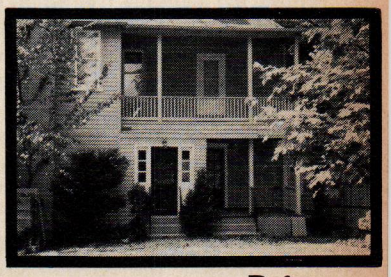




1 Unite dark old rooms into one airy space, add lots of glass—but keep the house's character

It's a delightful surprise to find this large, light-filled room in a remodeled 19th-century house whose exterior design respects its original old-fashioned charm. ("Our neighbors all love it," the owners say.) Before architect Hugh Newell Jacobsen created the wide-open living room in Mr. and Mrs. John Feild's house, there had been a warren of tiny spaces—two dark parlors, each with its own corner fireplace, a screened back porch, and a stoop with a sleeping porch above—an inadequate plan for entertaining. To fill the space with light and open it to the garden, the architect removed the back wall and the wall between the parlors. The now freestanding fireplaces had their chimneys carved out to form a 45-degree angle. Extending from them, triangular seating designed by the architect creates cozy corners. (Intimate areas make large space work for entertaining.) Sliding glass doors and glass roof were installed where porch roof and screens had been.

Opposite page: From behind the living room fireplaces, you can see through to the garden. **Inset:** Beyond the fireplace, new glass-enclosed window seat. **Left:** New deck and sliding doors where old porch and stoop were. **Below:** Back of the house before remodeling and (bottom) after.



TOM YEE **Before**

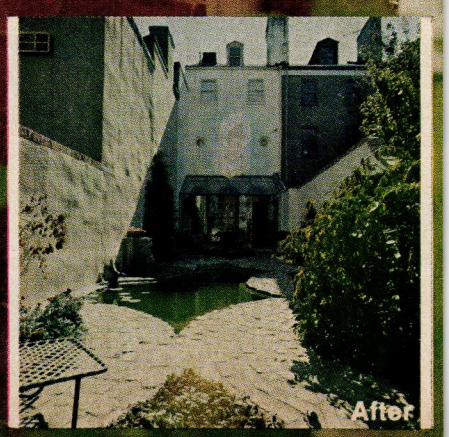


Let there be light

2 In the city, add a greenhouse to let sunshine in, make space by annexing the basement

TOM YEE

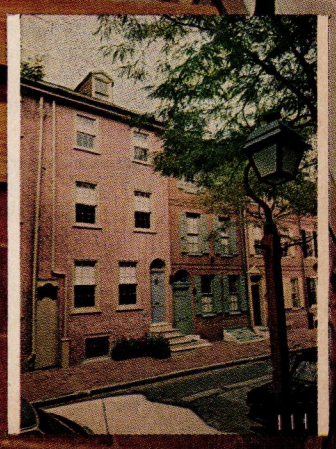
Even in the middle of a city—where space is precious and nature scarce—you can have an expansive, light, and airy house with the surprise of a greenhouse and a private garden. "We were hemmed in on all sides," says Dr. Kenneth Cundy. "We couldn't build up and we couldn't build out. So, to open up the house, we dug down." With the help of architects Adolf DeRoy Mark and Girvin Kurtz, the Cundys knocked out most of the street-level floor, leaving the living room. On one side they built stairs leading up to the bedrooms. On the other, they added an iron staircase spiraling down to the original basement, which they sunk another 1½ feet (plan, *opposite page bottom*). Area beneath the living room became a kitchen with a restaurant-size stove, a wine closet, and an eating counter across from stairs. The 2-story space behind the kitchen, and overlooked by living-room balcony, became the family room—where Dr. Cundy, a medical school professor, and his wife, a registered nurse, find themselves doing most of their living. Floors and countertops are covered in Mexican terracotta tiles. Furniture is mostly Mexican too—a round pine table, chest, and a blue and yellow ceramic bowl for the corner wash basin, which the Cundys use when they work in the greenhouse just beyond the two brick-trimmed archways they punched through the house's back wall. The greenhouse, whose pitched glass roof lets light pour into the lower level, "makes the whole house seem a garden. And it creates a gradual transition to the outdoors, letting it come in naturally." Beyond the greenhouse, a Belgian block patio laid in billowing fan shapes forms a pool, home of goldfish and water lilies. "We love the whole house. It lets us have an eclectic Mediterranean lifestyle in the middle of the city."



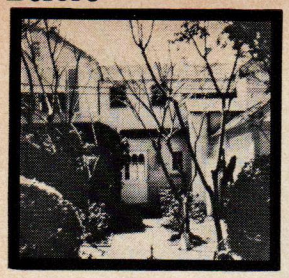
Right: Formerly a basement, now family room and kitchen—looking up to living room and front door.
Opposite page: At the other end of the house, steps lead to greenhouse.
Insert, right: Back patio and pool.
Opposite page, left: Back of house, pre-greenhouse.
Opposite page, right: 19th-century façade. Building facts, page 152.

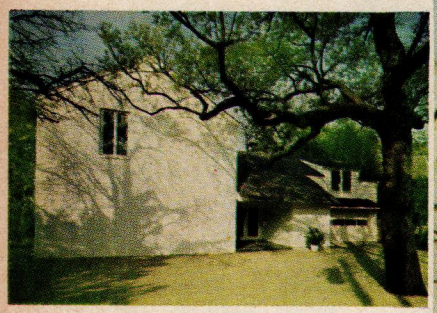

Before


Living room
Greenhouse
Kitchen
Dining



Before





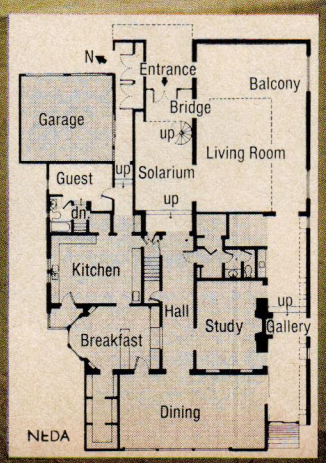
Let there be light

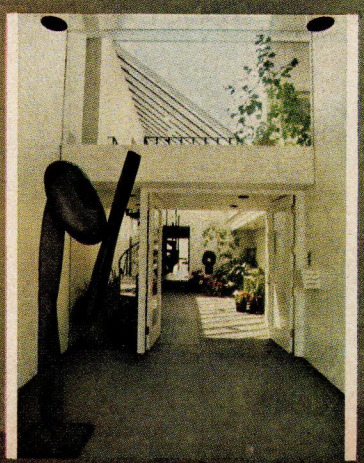
3 Give an old house an indoor garden with a see-through roof, add wraparound living space

Remembering how barns are transformed into lofty living spaces in New England, Dallas architect Enslie Oglesby Jr., took the idea south in this Texas remodeling. A gable-roof barn-like extension wraps around a rambling Dutch-Colonial-style house adding a new living room (with a library-balcony), a glass-roofed solarium, and every available drop of light. The double-height living room, *far right,* has exposed trusses and a clerestory window and glass wall panels to bring in light. The balcony makes the scale more intimate. Because the addition took over a small garden, the growing things moved indoors: A new front door to the right side of the addition leads into a skylight-roofed solarium, *right,* filled with ficus, hibiscus, geraniums, and shrubs. Tinted acrylic overhead cuts glare without distorting colors. "To encourage old things in a new house" a 19th-century spiral stairway the owners found in England links the solarium to a bridge that crosses to the library balcony.

Right: Sun-filled solarium with stair spiraling to bridge, and (inset) new front door from porch. Plan showing added space.
Opposite page: Living room rises double height to a pitched roof and clerestory.
Above: Original house, and, below it, with barn extension today.

MARIS–SEMEL









Left: Carry it anywhere—a folding deck chair that fits into its own canvas bag. With umbrella. JAB Industries. **Center:** Cuisinart Food Processor—to help you get out of the kitchen fast (more on page 131). By Cuisinarts. **Right:** Snap-together cardboard storage boxes: Laundry, 23½ inches high; file, 6 inches high. Design Research. For shopping information, turn to page 148.

WILLIAM P. STEELE DAVID MASSEY

300 ingenious ways to make your life easier

An informal collection of ideas and tips that can save you time, work, tears —and usually money

AN OUNCE OF PREVENTION (IS AN INVESTMENT IN TIME)

If you're remodeling, it might be worth spending a little extra on timesavers like built-in vacuums, toasters, ironing boards, sewing centers that save you time later.

If the house needs painting, think about staining instead. Certain stains will go right over old paint. And they're more crack-and-peel resistant.

Floored by housework? Think no-wax. Deck-painted floors need only a sweeping (and repainting takes around 1½ hours a room).

In closets, install sponge-clean self-stick vinyl tile floors.

Can the can: Get a trash compactor.

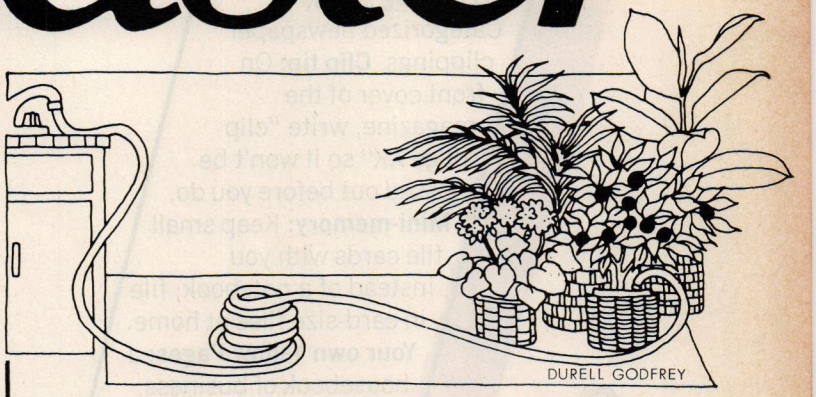
Save the plants: If you're leaving for 10 days or so, you can leave the plants to tend themselves. Water well, cover with a plastic bag (held away from the leaves with a stake or two), seal. It's a temporary terrarium.

Auto-motives: It makes sense to keep a spare pair of eyeglasses in the glove compartment. It saves steps to install an automatic garage-door opener. It's worth the effort, when parking outdoors in northern winters, to tape newspapers to windshield and rear windows, peel them (and the snow) off when you're ready to go. And keep a shovel in the trunk.

In the garden: Automatic watering system, on a timer, saves grass *and* time.

Once a year edging to prevent grass from invading flower beds saves work in the long run.

Winter dressing for boxwood: spray-on foliage protector like Wilt Pruf that peels off with spring rain. It's sold by Mellinger's, 2310 West South Range, North Lima, Ohio 44452. Free catalogue.



GARDENING INDOORS

Waterways:

1. An indoor vinyl hose that attaches to faucet saves steps. (Most garden centers sell them.)

2. Or move heavy plants to the water (or to the sun): In carpeted rooms keep on castered platforms; on bare floors, a piece of upturned carpeting makes a pull-around base.

3. For hanging plants: Use ice cubes; or hang on marine shock cord, pull down to water; or look into a Plant Curtain (a system of hooks and pulleys) by Hang-em-all.

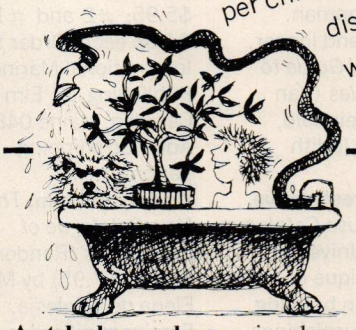
4. Group house plants requiring frequent watering, and those that need less. Plant sitters will be especially grateful.

Other tips:

Keep 2 inches of moist vermiculite in a covered plastic box or fishbowl so you can immediately try to root a snipped or broken tip. **Mount an adjustable-height plant light** on wheels, roll to any plant that needs it. **When house plants are diseased** or severely pest ridden, don't waste time trying to revive them—steel yourself and toss them out.

Simplify sorting

Rule of sock—one color per child. For each bedroom or bed size, a distinguishable sheet (or mark sizes with fadeproof thread). For each family member, his own color bath towel.



CLEANING (AND THE PREVENTION OF)

Polish not: Make little tarnish-retarding cloth bags for silver jewelry.

Wash now, iron later? Roll still-damp things in a wet towel, refrigerate. Prevents mildew, saves dampening time later.

A kitty-pan concealed in a special plastic house gives her highness privacy, prevents bathroom kickback.

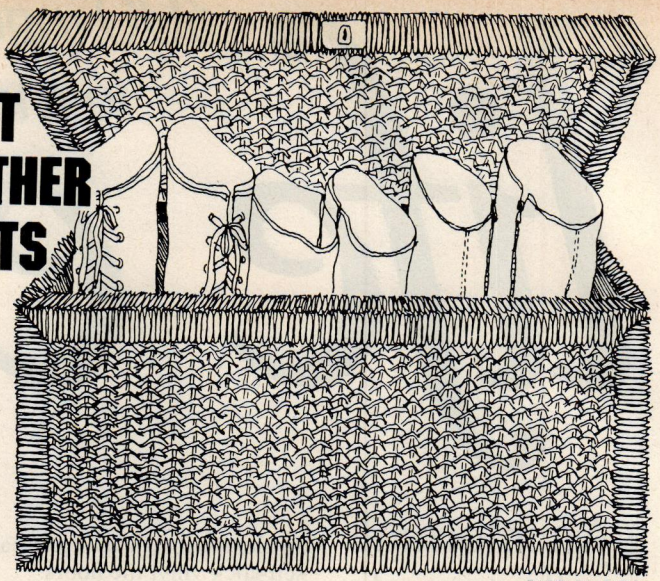
Clear up undersink clutter with pull-out plastic tubs for soap pads, etc. While you're at it, **stamp out cardboard-box collapse:** Pour off economy-size dishwashing detergent into a big jar by the sink.

Cultural cleaning: Save floor waxing the way the Japanese do—go barefoot or wear slippers indoors. Or, if you do wax, wax to music!

A telephone shower is also good for washing down walls, children, dogs, big-leaved plants.

Simplify the mop closet with versatile products like: Ammonia (cleans windows, linoleum, tile, combs, diamonds, and egg, blood, and grease stains on clothing. A bowl overnight in the oven loosens baked-on grease.) Baking soda (cleans and deodorizes any surface but wood. With boiling water, loosens casserole crust). White vinegar (removes most tea, coffee, wine stains. With salt and flour, cleans copper, brass. For furniture wax, mix one part vinegar, one part turpentine, two parts linseed oil).

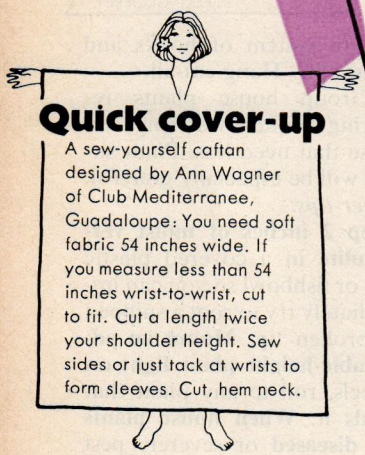
GETTING IT ALL TOGETHER IN BASKETS



BARBARA FIORI

TO HELP YOU REMEMBER

The memory bank: a filing cabinet or shelf-size legal file boxes for **appliance maintenance** booklets, receipts, warranties. **Credit-card** numbers. **Travel** information. **Decorating** ideas. Categorized newspaper clippings. **Clip tip:** On front cover of the magazine, write "clip page XX" so it won't be tossed out before you do. **Mini-memory:** Keep small file cards with you instead of a notebook; file in card-size files at home. **Your own Yellow Pages:** a housebook of business, shops, services. Add clothing sizes of family, friends, plus medical information. Include appliance operating and plant watering instructions. **Record your valuables** in an inventory book, with snapshots, in a bank vault safe-deposit box.



Quick cover-up

A sew-yourself caftan designed by Ann Wagner of Club Mediterranee, Guadaloupe: You need soft fabric 54 inches wide. If you measure less than 54 inches wrist-to-wrist, cut to fit. Cut a length twice your shoulder height. Sew sides or just tack at wrists to form sleeves. Cut, hem neck.

BASKETS WITH HANDLES TO CARRY FROM ROOM TO ROOM

For: **1.** Correspondence plus pens, paper, stamps. **2.** Tools, extension cords, etc., for small repair jobs. **3.** Bills, checkbook, budget book. **4.** Manicure materials. **5.** House plant equipment (scissors, Twist-ems, magnifying glass for checking bugs), and, in another basket, potting soil, sand, clean pots, trowel. **6.** Shoeshine materials. **7.** Knitting and needlepoint. **8.** Pet-grooming equipment.

BIG BASKETS TO STORE THINGS IN

1. A trunklike basket for boots. **2.** In the kitchen, spoons in a wall-hung basket and new recipes in a small one (until you try them and transfer to file). **3.** Bedside reading. **4.** And in a covered bedside basket, miscellaneous scissors, reading glasses, hand cream, pad and pencil. **5.** For quick clean-up, an empty covered basket in the living room. **6.** Toys, projects, ad infinitum.

MAIL CALL

Shop at home and let your mailman do the walking. The mail-order marketplace has become so vast and varied that you may need a tour guide. Herewith, a small sampling of books planned to guide you to your special interests—and to sources for things you never knew existed: **Hardware store in paperback,** the *Whole House Catalog* (Fireside/Simon and Schuster, $9.95). Building, remodeling, maintenance advice, how-tos, products, sources. *Kits & Plans* (Oliver Press/Scribner's, $3.95) by Joseph Rosenbloom. Where to order instructions for almost anything the handy can make by hand—cabins, campers, greenhouses, A-frames, for example. **Two for the craftsman:** *Craft Sources* (M. Evans, $5.95) by Paul Colin and Deborah Lippman. Hardcover and longer, the *National Guide to Craft Supplies* (Van Nostrand Reinhold, $12.95) by Judith Glassman. **Restorers restorative,** *The Old House Catalogue* (Main St./Universe, $7.95). Antique or period reproduction building materials, furnishings. You *can* buy pre-1900 windowpanes! *The Mariner's Catalog* (International Marine Publishing —The National Fisherman / Funk & Wagnalls), a "whole sea catalogue." Successive volumes add sources, reader feedback, lore. The latest, #4, is $6.95; #3, $5.95; #2 and #1, $4.95 each. Order from International Marine Publishing, 21 Elm St., Camden, Maine 04843. Add 75¢ shipping per order. **Worldly wisdom:** *The New Catalogue of Catalogues* (Random House, $7.95) by Maria Elena de la Iglesia. Foreign mail-order sources for furnishings, fabrics, crafts, clothes, books, maps, and more. **Back to the soil:** *The Green Thumb Directory* (Doubleday, $3.95) by Marion Schroeder lists plant, seed, and equipment sources, specialized growers, plant societies, books, extension services. So does *The Gardener's Catalogue* (William Morrow, $6.95). **Good eating guides:** For grow-it-yourselfers, *Food Gardens—Indoors, Outdoors, and Under Glass* (William Morrow, $6.95). For all kinds of edibles. *The Complete Food Catalogue* (Holt, Rinehart & Winston, $6.95) by José Wilson and Arthur Leaman, coming in August. World-wide food sources, equipment, recipes, tips.

Organize as you go

Give each desk, plus kitchen: tape dispenser, stapler, pencil sharpener. **Label** scissors by task: plants, sewing, hair, paper. **Label** out-of-season clothes boxes. **Star** tax-deductible payments in your checkbook. **Organize spices** alphabetically or ethnically (everything for Chinese cooking, for example). When spice jars are empty, keep workshop nuts, bolts, nails in them.

Others' hands make light work

Getting over heavy ground lightly:
Let professionals wash windows and woodwork, wax floors, or clean carpets. Calling in a cleaning service is a big household loadlifter, even if you only use it twice a year.

To the aid of the party:
An extra pair of hands to mix the drinks, serve the dinner, or even cook it. There are services for every part of a party. If friends can't recommend, try local college employment bureaus or the Yellow Pages.

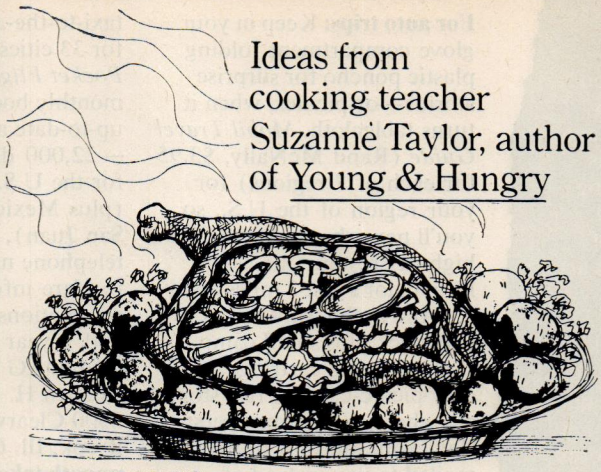
If you use it rarely, rent it—
party equipment, garden and building tools—and save the storage space. For rental services and almost any other services you can think of, get to know your Yellow Pages—and keep in tune with the local grapevine.

Two services we just heard about from our Los Angeles reporter: **mechanics that make house calls** for ailing cars, BYK Mobile Auto Repair; **pet food delivered** and in quantity, Consolidated Pet Foods, Santa Monica, Calif. For the same service in New York City, it's The Pet Bowl.

Too busy to pay your bills?
Let your accountant do it. How some super-busy, always-on-the-road couples work this system: Husband and wife decide what each will contribute to household expenses and set up an account for their accountant to draw on. Every couple of weeks they send him the bills or arrange to have them sent directly; he pays them.

HOW TO COOK IT EASY

Ideas from cooking teacher Suzanne Taylor, author of Young & Hungry

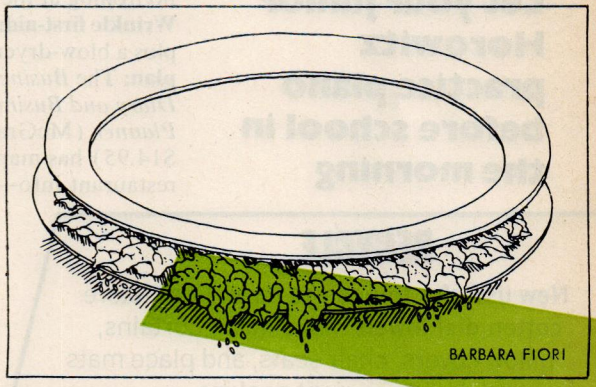


CATHERINE SIRACUSA

"Chickens can be stuffed with all manner of things," says Suzanne Taylor, who conducts cooking classes at her East Blue Hill, Maine, home, "but I was startled one day to see a Chinese friend stuff hers with a large silver spoon. I thought it some strange Oriental superstition, but it turned out to be ancient wisdom: The spoon, she explained, conducts heat more swiftly to the interior." Here, other ways to make cooking easier.

Eggstraordinary ideas: **1.** To poach a neat egg without a poacher, place egg, still in its shell, in barely simmering water with a dash of vinegar. Count 20. Remove, break into a cup, and, lower into water to gently slip in the egg. **2.** To peel a hard-boiled egg easily, after boiling, plunge immediately into cold water, leave until chilled. Then, with the back of a small spoon, crack the shell in a band around its middle. Peel off bits of broken shell, and the two ends can easily be pulled away. **3.** To make egg yolk adhere to food, stir in a pinch of salt to liquefy it.

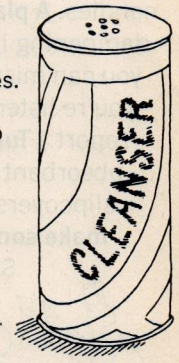
Vegetations: Spinach—to get all the water out after cooking, press between two dinner plates. Zucchini—to keep skins fresh and green when baking, wrap first in buttered brown paper.



BARBARA FIORI

Save washing: Butter molds and cake pans with your fingers—spreads better, is good for your skin. Don't wash fingers, just remove butter with paper towel. When sautéeing, don't use a fork to poke the food, simply shake the pan. Saves a fork, and keeps food from breaking up.

Easy clean-ups: Some old-fashioned ideas are as good as modern ones. For instance: After drying copper bowl, rub with spoonful of salt and half a lemon or a little vinegar. Rub carbon steel knives with a damp wine cork dipped in cleanser to remove ugly dark spots.



LESS IS LESS

to clean, store, and care for. Do a yearly clear-out of things fallen from use or favor. What you don't want, someone else does: hospital and libraries want books, thrift shops want almost anything, and there's even someone who wants your old prescription glasses. New Eyes for the Needy is a nonprofit-group that will test and distribute them to overseas hospitals and missions. Wrap in cardboard and send to 549 Millburn Avenue, Short Hills, N.J. 07078.

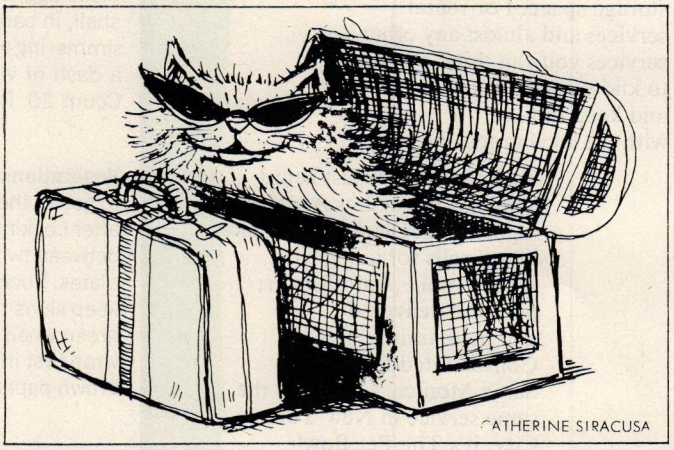
MAKE EVERY MINUTE COUNT

Why don't you write? If you never seem to have time to write letters, take out the tape recorder when the family is sitting around in the evening and talk a letter to a friend. Or . . . pick up postcards of places, museums, works of art, for quick notes at home as well as on the wing.
In case of emergency: Stick important numbers on self-adhesive labels on top of each telephone.
Shop-talk: Choose food stores that deliver telephone orders. Hang a roll of adding machine paper for tear-off shopping lists. Save sales slips, refer to merchandise numbers when reordering clothing, cookware, anything.

Let your junior Horowitz practice piano before school in the morning

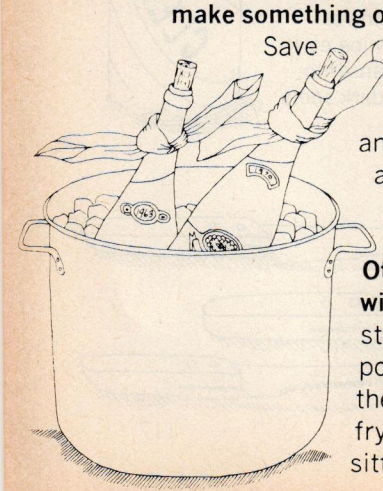
Simplifying travel

For auto trips: Keep in your glove compartment folding plastic poncho for surprise storms—or picnics, when it turns tablecloth. *Mobil Travel Guide* (Rand McNally, $3.95 for each of 7 regions) for your region of the U.S., so you'll never have to settle for highway restaurants when local color's just 2 miles away. . . . And **in the trunk:** a backpack plus small camp stove with gas cartridge for easy picnic-carting, rest stops anywhere. **For commuters:** Have your monthly train ticket mailed to you instead of battling first-of-the-month lines. . . . Check out Conrail's "Chek-It" service. **For fast packing:** In your most-used suitcase, keep several sizes of plastic bags, plus a heating pad —a mini-electric blanket for cold hotel rooms.
Don't pack your party dress —cover it with a plastic bag: no ironing at the other end.
Wrinkle first-aid: a damp cloth plus a blow-dryer. **To help you plan:** The *Business Week Diary and Business Travel Planner* (McGraw-Hill, $14.95) has maps, hotel and restaurant info—and taxi-to-the-airport advice—for 33 cities around the world. *Pocket Flight Guide,* 12 monthly booklets that give up-to-date airline schedules —22,000 direct flights—for the U.S. and Canada (plus Mexico City and San Juan), with the local telephone numbers to call for fare information or reservations. (It's $27.60 ppd. a year in the U.S. from OAG Publications, The Reuben H. Donnelley Corp., 2000 Clearwater Dr., Oak Brook, Ill. 60521). **For smooth take-offs:** Always keep your passport, immunizations up-to-date. Keep health record (including eyeglass and drug prescriptions), passport, customs registration cards together. **Registering camera equipment** takes 2 minutes at the airport, avoids duty when you return. Card good forever. **Keep small travel bags ready-to-go** with mini-duplicates of necessities plus other forgettables—travel alarm, skirt hanger, voltage and plug converters, immersion water heater, instant-coffee or teabags.
Small children, long trips? Pack a "useful" bag full of things to do—crayons, pads, games, and goodies.
If you have a jet-set pet, keep in his travel basket his brush, biscuits, health papers, toys.


CATHERINE SIRACUSA

RECYCLE

New uses for things you have: Dime-store **cotton dishtowels** make quick curtains, pillow covers, chair seats, and place mats —and double as giant napkins.
An aluminum stock pot becomes a party wine or beer cooler. **Brioche molds** hold candles. **A plant mister** doubles for dampening ironables (keep it filled so you can mist plants, too, maybe while you're listening to the morning weather report.) **Turkish toweling** makes absorbant, washable, comfortable slipcovers for outdoor furniture. **How to make something out of practically nothing:** Save vegetable cooking water, outside cabbage leaves, bones, and leftovers. Boil with stock and barley or rice, an herb bouquet. Purée or not, pour into containers, freeze.

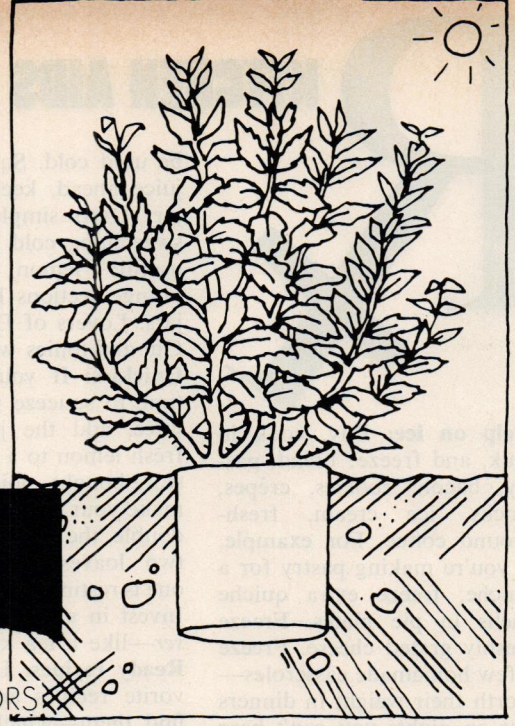


Other things we wouldn't live without: a supply of bottle stoppers . . . a wall scale . . . a huge pot for canning, cooking corn on the cob, lobsters . . . a cast-iron frying pan . . . a ladder chair for sitting, climbing, watering high plants.

HOW TO ELIMINATE GUEST-WORK

ENTERTAINING:

Stock up on: sturdy straw or raffia place mats that shake clean, never wrinkle in the drawer. Drip-dry napkins in a panoply of patterns. Spicy napkins: bandana scarves in every color, from the five-and-dime. **And wine!** Watch for sales—that's the time to try out new wines. Buy by the case (keep at least a case on hand for impromptu parties or house presents). **Plan ahead:** Post your menu and shopping/cooking timetable so you won't forget anything. **Unify:** Have one basic china service, white or plain-colored, that can be dressed up or down with imaginative accessories. Find one good-looking all-purpose glass and buy in quantity. Consider one-kind-of-drink, one-kind-of-hors d'oeuvre parties. **Pare down your menus:** Eliminate a course; experiment with different cuisines. Some good-looking party entrées are couscous and choucroute garnie. Or, for summer, a paella salad of saffron rice, seafood, cold poached chicken, and finely chopped vegetables. For winter, huge pots of soup—black bean, borscht, menudo, soupe au pistou, Portuguese caldo verde—add breads and cheeses, perhaps a pâté, and fruit, carafes of red and white wine—you're set. **Double up** on dinner parties so you can use the same flowers and big platters off the top shelf twice in a row. **Entertain a lot?** A real convenience is a second refrigerator-sink area for bartending, storing drinks and mixers, cooling ready-to-serves like salad greens, dessert. **A sleeper?** There's always room for one more with sleeping bags and —for extra softness—backpacker's foam pads: Unroll them, and—instant beds!



GARDENING

OUTDOORS

Planning:

Plan next year's garden when this year's is in bloom: It's easier to decide on colors, heights, and what needs replacing. **Keep a garden planning book** with an inventory of what you planted, their colors and sources. **Order seeds** or plants as soon as the catalogues come out to avoid disappointments during peak shipping time. If your gardening time is limited, **plant bulbs and perennials** that stay put through the winter (think twice about plants with tubers that must be dug up, stored, and replanted each year). **Plant flowering shrubs,** hardy evergreens. **Plant hardy perennial cousins to wildlings,** like Gloriosa daisies (black-eyed Susan's cousin), Achillea (kin to common yarrow), or day lilies. Find out what's common and strong in your area. **Plant** quick-spreading bulbs that mice don't like. Daffodils and scilla are less trouble than tulips—and multiply your investment. **Plant runnerless strawberries** that won't invade your paths. **Plant only the amount of vegetables you want to handle:** Vegetables need more attention than flowers.

Planting:

Grow mint and other spreaders inside buried bottomless cans to keep them from taking over. **Start seeds** in peatmoss pots that can be planted with the seedlings. Or, for direct-garden seeding, **make a giant ruler** of a long board marked every 12 inches. Slide along row as you plant, to space seeds 6, 12, or 18 inches. **Put tiny seeds** in the crease of a small piece of stiff folded paper, sow by tapping lightly.

Tending:

Weed no more, my lady—**1.** Mulch. Any loose material, from chopped straw to buckwheat hulls, will do the job. Plastic film needs holes here and there to let rain through. Or, **2.** Under rosebushes and perennials, plant a low perennial ground cover, like *cerostigma plumbagiodes,* with bright-blue-flowers.

Other timesavers:

Keep a coffee can near the sink to dump compostable leftovers, coffee grinds, eggshells, and other things plants like. **When you pick** vegetables, wash them with the garden hose spray attachment. **Paint** garden-tool handles bright colors so you can't lose them in the garden.

Decorating: New looks for old

Make your last bed. Tomorrow, change to sheet-covered down comforters instead of sheets and blankets.

For a bright new finish on vinyl furniture, boat seats, outdoor chaise cushions, paint them with "Vinyl Coat" spray by Seymour.

Cover an old kitchen or picnic table with good-looking vinyl cloth tacked underneath.

Line baby's room with sheets shirred on rods—pretty way to cut sound.

Furniture fission: Instead of sofas and chairs, invest in modular seating, group or split as needed. Instead of one big coffee table, use a nest of small ones you can move around.

Use felt to: Make rounds for under ashtrays and bases to keep them from scratching furniture, **line needlepoint** coasters, **stuff** as Christmas ornaments.

Keep an extra yard or two around (if you need help thinking of other things to make, ask the children).

Kid stuff

Protect children from themselves by making them wipe-clean oilcloth aprons.

Protect yourself from them by having a strategically placed chest in the living room for quick toy pick-ups.

Free refrigerators from Scotch tape marks forever! Hang the kids' art on a clothesline tacked to the wall.

Teach the children cooking and other tasks as early as possible. The trick: Make it look as if you're having a fabulous time at it.

Consider installing an outdoor drinking fountain.

To make their lives easier, **dress them** in bib-front overalls or pinafores that can't come apart at the middle. Eliminates bothersome tucking in when there are block towers to be built.

KEEP IT WHERE YOU USE IT

A covered crock of birdseed near the door lets you scoop up a meal on your way out. Stack upstairs things on the bottom step to take as you ascend. Keep a project—knitting, mending—near the telephone so you can press on as you chat. Have a work table in the kitchen so you can write or pay bills while something's cooking. Let the wall remember—tack up appointment cards and invitations as soon as you get them. Or write dates on a wall calendar. Hang a chalk-board for messages.

A list in time

Keep one running in your handbag (with a collapsible shopping bag); make tomorrow's "to-do" list tonight—you'll sleep better; think geography—list groceries by supermarket layout, errands by logical all-in-one-trip stops; if you have a weekend house, list what's missing before you leave. Trying to remember is time-consuming.

Putting it away

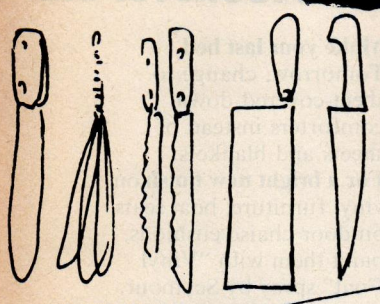
Peg the problem—with pegboard on walls, door-back. For saucepan lids, utensils, tools, garage and gardening equipment, wall-hung paper and foil dispensers, portable lights. Outline things in felt-tip pen for quick replacement Or, use expandable hatracks for coffee mugs, other pegables.

Rung number: A simple round-rung ladder attached to the wall is an efficient towel rack or holder of belts, scarves, ribbons, tablecloths.

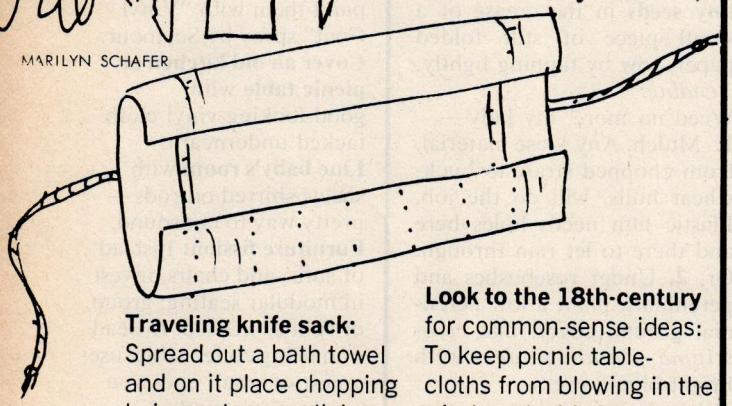
Frying pans stored in paper bags don't scar or rust.

Need closet space? Close in a corner with sheets shirred on rods or stretched on a dowel frame. Or reorganize what you have: Install extra rods to make a child's closet hold twice as much. To spot things easily in any closet, use see-through plastic bags and boxes. In the kitchen, turn a door-back into a pantry with can-width wire shelves by Schulte Corp., 11450 Grooms Road, Cincinnati, Ohio 45242. Equip cabinets with revolving shelves.

THINGS TO MAKE TO MAKE LIFE EASIER



from House & Garden contributor Marilyn Schafer (who practically invented do-it-yourself)



Traveling knife sack: Spread out a bath towel and on it place chopping knives, cleaver, slicing knife, spatula, whisks, etc. Mark width of each. Fold towel one quarter up from bottom, mark, remove weapons, stitch into sections. Slip gear in place, fold towel top over points, roll up, and secure with cord.

Shelf-help entertaining: On a bookshelf or an étagère, keep dinner and dessert plates in neat stacks, mugs, glasses, and jars of spoons, forks, knives. Add flat baskets of fresh drip-dry napkins, a fruit bowl, etc. And on another shelf, bar gear, and liquor, or wine in jugs. On a nearby table, have a small burner unit or hot tray.

Look to the 18th-century for common-sense ideas: To keep picnic tablecloths from blowing in the wind, make big knots in their corners. To store tablecloths indoors, fold them into crisp, very small squares. There are three good reasons why: They take up less space, don't wrinkle, and the folds make an interesting pattern.

Instead of place mats, make one huge padded mat to cover the whole table; cut quilted drip-dry fabric to shape, edge with bias tape. Good for outdoor use, too.

When the cake is baked, turn it directly onto a straw mat, frost, serve. It's easier than nervously transferring to a serving plate, and makes a pretty presentation.

Rx KITCHEN AIDS

Help on ice: Buy, cook in bulk, and freeze: bread, pastry, bacon, cookies, crêpes, stocks, ice cream, fresh-ground coffee. For example, if you're making pastry for a quiche, freeze extra quiche shells in pie plates. Freeze freshly grated cheese. Freeze a few homemade casseroles—worth their weight in dinners out on nights you can't bear the idea of cooking. Three favorites: shrimp and eggplant, crab and mushroom, and chicken divan. Cook up a sauce wardrobe and freeze in serving sizes so you can turn something ordinary into something extraordinary at the drop of a hat. Try mustardy "Devil Sauce" from the *Alice B. Toklas Cook book,* or a tomato-and-garlic sauce provençal, or a creamed caper sauce. Plus some dessert sauces like purée of raspberries for over ice cream or fresh peaches.
Shop less: Once a month for nonperishable staples; once a week for meat, fish, vegetables, bread, dairy products.
Ready salads: Turn carrots, celery, radishes into crudités as soon as you're back from the grocer or garden. Keep in damp towel (or containers of water) in refrigerator—use with dips, or cook for dinner.
Keepers: Wash lettuce as soon as you get it home; shake off excess water, wrap in damp dishtowel—keeps it from drying out in the refrigerator. Cook vegetables in olive oil instead of butter, so they can be used cold. Squeeze lemon juice ahead, keep in a glass jar. Ditto simple syrup for sweetening cold drinks. Also useful: lemon, lime, and orange sections kept in glass jars. Lovers of Daiquiris and Gin-and-tonics will love you.
Quickies: If you don't have time to squeeze fresh orange juice, add the juice of one fresh lemon to a container of store-bought juice. If you make your own bread, always double the recipe and make two loaves at once—while one is resting, knead the other. Invest in a *hot-water dispenser*—like a tea kettle on tap.
Ready recipes: List your favorite recipes and where to find them—which cookbook, author, and page. And so everyone in the family doesn't always have to pull out a cookbook, paste up a chart showing *cooking temperatures* for rare, medium, well-done meats—internal temperatures, oven temperatures, time to roast per pound.

A WORD FOR COMPLEXITY

No matter what you do, there is always an easier way. It's easier to buy bread than to bake it, to use no-iron sheets than to iron embroidered percale, to have something done instead of doing it yourself. There are always trade-offs, too, between spending time and spending money. The whole idea of simplifying the various tasks and errands that comprise an ordinary day is to make room—and time—for the things that are most important to you. Some people buy their bread so they'll have time to iron their sheets. Because sometimes, taking the trouble is more valuable than saving it.

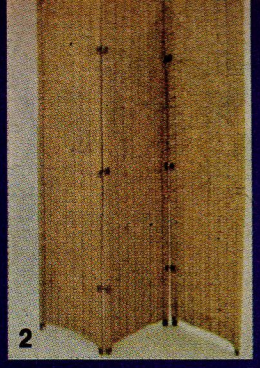
Flower power

The flower fix: Arrange flowers in one hand the way you like them. Lay them on a board and cut stems straight across with a sharp knife, then put them in a vase. When you take them out to change the water, they'll fall back into place. To avoid mess, fill in flower vases right in the garden. Or keep your vases in the rooms where they will be used.

The uncut version: Potted flowers like Streptacarpa, Glorinia, primroses, geraniums, begonias, herbs, lavender, dwarf marigolds, and zinnias look pretty in clay saucers, bowls, baskets, or jardinieres, depending on your tablesetting. When plants begin to get too sprawly, retire them to the garden.

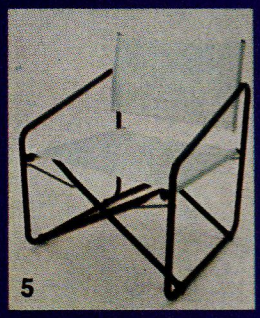


FOLD IT, STACK IT, TAKE IT ALONG

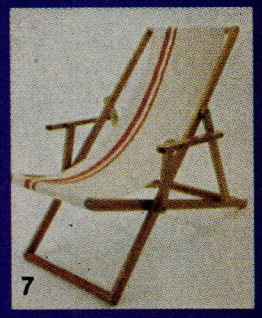












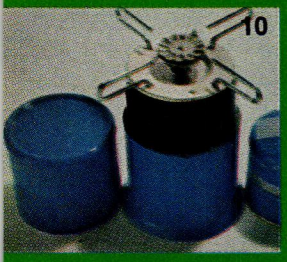
1 Let your shelves do the climbing on a ladder that folds flat when not in use. Otto Gerdau.
2 Hide-anything, 3-panel willow screen. Import Specialists.
3 Folding chair, removable seat. Gold Medal.
4 Easy-to-clean travel barbecue that works on gas, reusable briquettes. Charmglow.

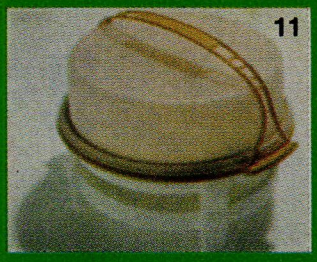


5 Indoor-outdoor folding chair, tilting back. Brown Jordan.
6 Reversible cotton rag rug, washable. Pilgrim's Progress.
7 Adjustable chair that folds flat for storage. Shelter Designs.
8 Folding chair of bamboo, canvas. Bergdorf Goodman.



9 Canvas bags with waterproof lining, interior loops to keep bottles upright. Charles Lafnalle.
10 Folding campfire that works on a butane cartridge. Camping Gaz.
11 For pies to go, a covered carrier; stacking trays. Tupperware.
12 Lounge chair with ottoman. Design Institute America.





13 Cotton and silk bedspread—or picnic blanket. Beach Plum Tree.
14 Chair that folds into its own burlap bag. Moreddi.
15 Rattan folding tables. Import Specialists.









Shopping Information, page 148.

A sensational barn of your own



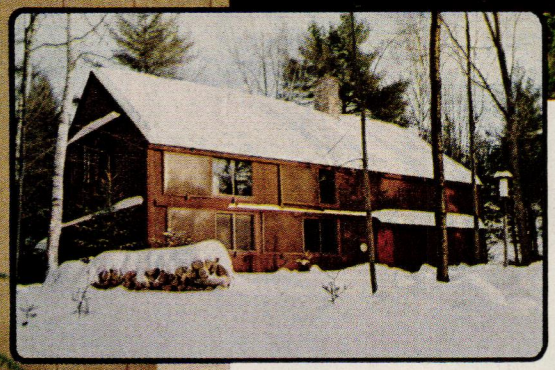
The decorating-rustic for moderns

For a young, informal, put-your-feet-up-anywhere feeling, the rustic look is a natural. Chuck Winslow, who designed the barn interior, used neutral, textured upholstery fabric by Stroheim & Romann for all the furniture. For color, rugs by Patterson, Flynn, & Martin. Graphics from Ellen Sragow, Ltd. and Bernard Jacobson, Ltd. Behind sofa, stem-lights from Ambienti.

A ready-to-build house with 5 bedrooms, 3 baths, kitchen, dining room, and a 2-story living room with a balcony and loft —all in a $33,880 building package

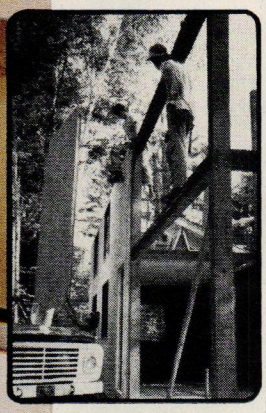


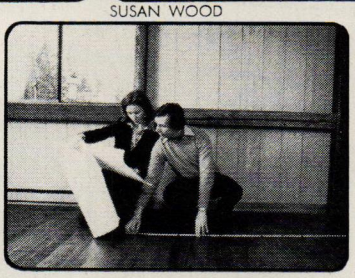






SUSAN WOOD





Left: The 16-by-26-foot living room/family room has a 23-foot-high cathedral ceiling, a study on a balcony, and sliding glass doors to the deck. **Top:** Outside the living room. Large translucent fiberglass "barn doors" can slide across glass. To the right, studio-bedroom wing. Exterior wood-color stain by Cabot. **Above, left:** The Mark I-X barn **Above, right:** A young couple scouting sites. **Center, left:** The barn under construction—completed in a fraction of the time it takes to build a conventional house. **Near left:** Once it's up, you start measuring for furniture. It's ready to move in. Shopping information page 148.

BEADLE

One idea that appeals to nearly everyone is the idea of living in a barn. Here's one that gives you all the space, light, and rustic charm of a remodeled barn—and you don't have to relocate any cows. It's the Yankee Barn, designed by Emil Hanslin Associates, a house that can be delivered to you by truck and assembled anywhere in the country. The $33,880 building package for the barn here contains plans, roof panels, walls, floors, interior partitions, doors, insulated windows and sliding glass doors, screens, old barn timbers, and nails. Decks are optional. Your contractor builds the foundation, puts up the house, installs plumbing, heating, and wiring, and adds fireplaces, appliances, and fixtures. Total cost of the house ranges generally between $65,000 and $70,000. For more information, write Yankee Barn Homes, Inc., Grantham, N.H. 03753.



The decorating-space unlimited

Since nature is the prime decorating element in the living room, furniture was kept purposely low to heighten visual space, clear the view. Quilts from America Hurrah Antiques, and wooden horse and rooster from Kronen Gallery add color and charm, are surprisingly friendly to abstract graphics propped on the beams. Furniture by Selig.
For shopping information, please turn to page 148.

BEADLE





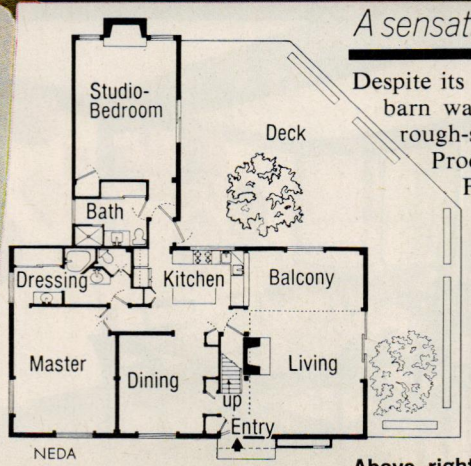
The multilevel plan gives you a functional combination of light, space, and intimacy











Plan of Mark I-X Barn. Building facts, page 152.

A sensational barn of your own *continued*

Despite its quick construction and prefab convenience, this barn was built to last. Walls are made of 4-foot-wide rough-sawn Douglas fir panels by Champion Building Products, with sandwiched polyurethane insulation. Floor is covered with plywood, then yellow pine planking. Everything is framed by sturdy post-and-beam supports salvaged from old barns. Above living room's glass doors, windows light 13-by-26 study balcony and tiny sleeping loft.

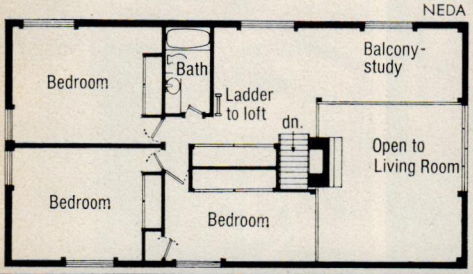
Left: In living room, fir walls, ceiling. Beside fireplace, kitchen door. Bookshelves screen counters from view.
Top: Balcony-study with barn-door closets.
Above left: The other end of the balcony-study.
Above right: The kitchen, here with cabinets in weathered barn siding. Farberware food processor.

As your family grows, so grows the barn: You can add precut rooms whenever you're ready

One of the Yankee Barn's most attractive features is built-in versatility: Since none of the interior walls are load-bearing, it's a simple matter to change the way a room functions just by adding precut partition-panels to make two rooms out of one large space, or subtracting to do the reverse. You can also add whole rooms to the main structure —modular wings that never look like afterthoughts. Such a wing is the studio bedroom, and bath, *right,* a 15-by-30-foot addition that accounts for $6,862 of the package price. This extra bedroom attaches to the rear of the kitchen, forming an "L" with the house (*see plan below*). Sliding glass doors form a private entrance from the outside, and, for more privacy, the natural beam structure for bed-curtains is built in. Flexibility of design allows for options such as the fieldstone fireplace.

Right: Dining room, 12 by 14 feet with white-painted wallboard paneling. Furniture by Hitchcock Chair. Baskets from Azuma. All-cotton napkins, Henri Bendel.
Bottom, left: Guest bedroom with furniture on the diagonal. Levolor blinds, Waverly fabric.
Opposite page: The 14-by-20-foot modular studio-bedroom. Simmons mattress.
Opposite page, top: At the other end of the bedroom, a fieldstone fireplace.
Opposite page, lower right: The all-wood bathroom with clothes chests, butcher-block shower stall. Milliken carpeting of Acrilan.

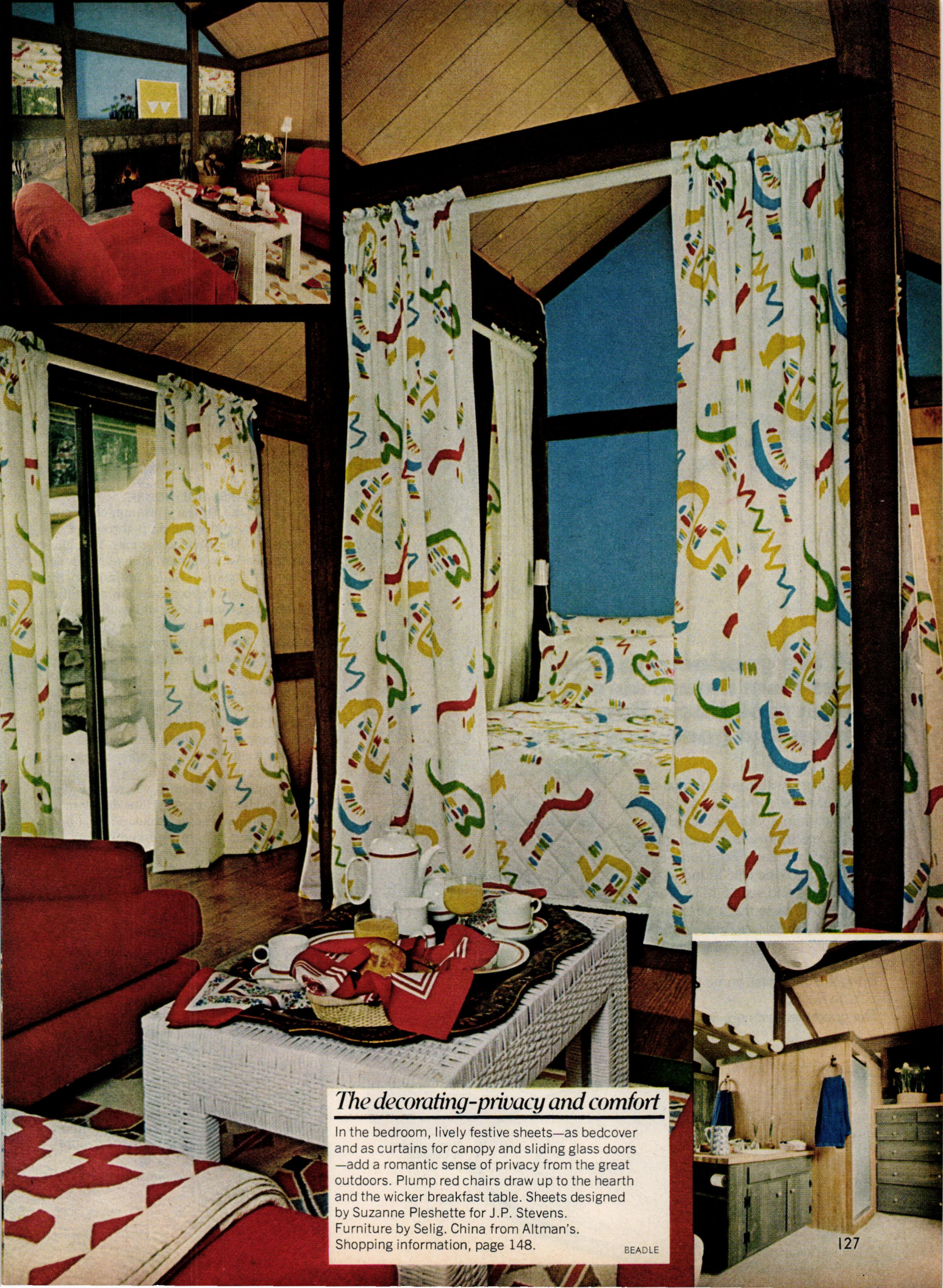
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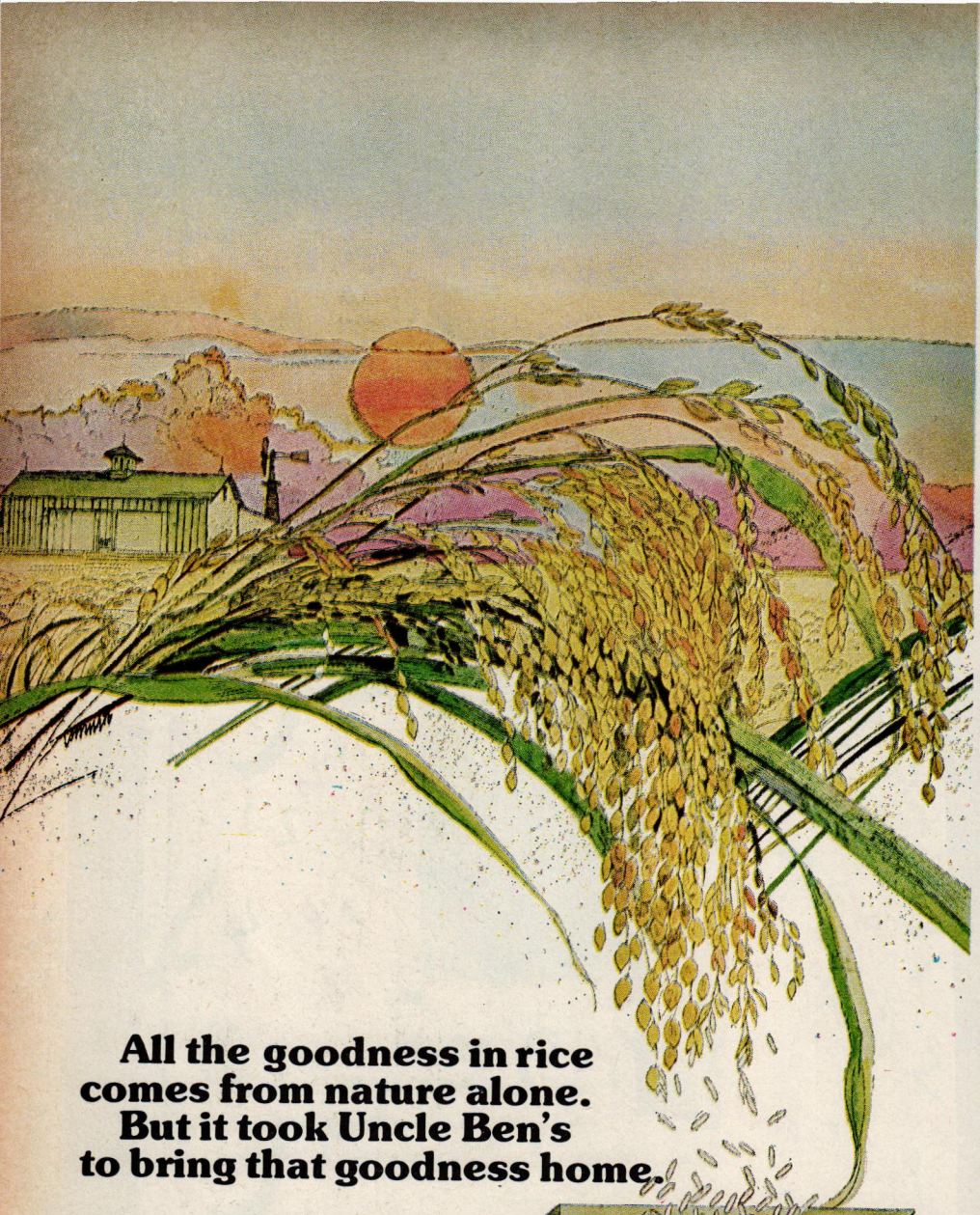




The decorating-privacy and comfort

In the bedroom, lively festive sheets—as bedcover and as curtains for canopy and sliding glass doors—add a romantic sense of privacy from the great outdoors. Plump red chairs draw up to the hearth and the wicker breakfast table. Sheets designed by Suzanne Pleshette for J.P. Stevens. Furniture by Selig. China from Altman's. Shopping information, page 148.

BEADLE

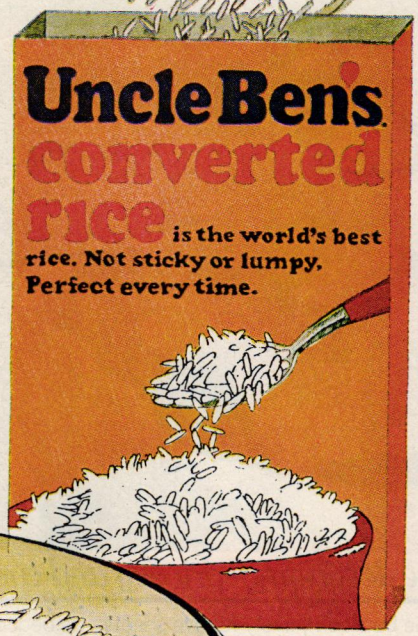


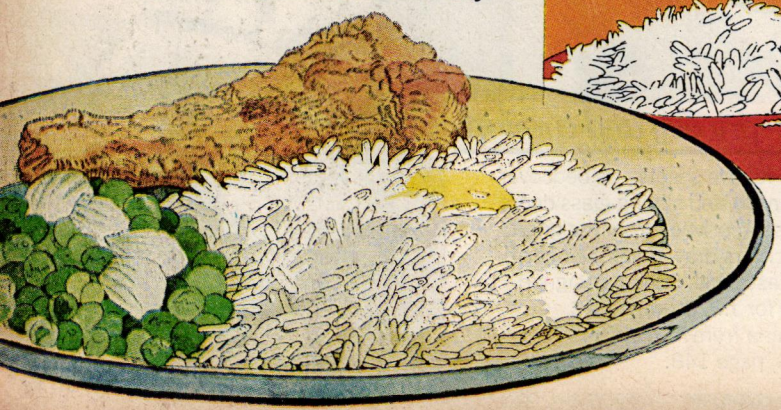
All the goodness in rice comes from nature alone. But it took Uncle Ben's to bring that goodness home.

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Bring the goodness home tonight. Try Uncle Ben's.®

The goodness just comes naturally.





Also available in Canada

continued from page 74

they do. "Let's go gather the eggs," he says. Or "Want to go to Ballycotton for the fish?"—and they stream after him the way the children of Hamelin streamed after the piper.

Then comes, at end of day, the cocktail hour. The children are now tucked away in a separate dining room for their 5:30 "tea" and the grownups are in the drawing room, with Richard, presto chango'd into a barman, bringing drinks from the corner closet that doubles as a bar.

Later we dine and wine in a dining room filled with candlelight, fresh flowers, and an adult conversational hum. Between meals we walk the nearby beaches and picnic from our box lunches in the dunes. We take a day to "do" the southernmost of the peninsulas that tatter the southwest corner of Ireland. We play tennis, trying to adjust to the ball's crazy bounce. We play croquet, and swim. *Ballymaloe House, Shanagarry, Midleton, County Cork. Rates: $31.50 per day per person, all meals included.*

☐ **CURRAREVAGH HOUSE**

Currarevagh House is fishing, and country walks, and excursions through Connemara. All three are great. The glass vestibule—a common architectural adjunct in Ireland—is, in addition to hydrangeas and tuberous begonias, full of fishing rods and tackle and wading boots. Even a weighing scale—for the fish, of course. The talk at breakfast, over the cream-slathered porridge that manages to stay hot to the last spoonful, is of trout, and weather. There are metal picnic boxes stacked by the front door to be added to the gear destined for the fishing boats and moored below at the dock.

Our walks were through beech and oak woods beside the lake, or on farm paths to ancient outbuildings where, one day, we watched two gregarious handymen, whose brogue was as broad as a peat bog, pitch hay into a heaven-knows-how-old stone barn.

Although there are no private bathrooms, there are plenty of public bathrooms and after a bath one rings the bell on the wall beside the tub. This summons the bathtub-cleaning maid. There is also a towel maid, a washbowl-cleaning maid, a wastebasket-emptying maid, and in the dining room at lunch and dinner, a swarm of maids proffering, en masse, the hot, hot dishes. *Currarevagh House, Oughterard, Connemara, County Galway. Rates: $23.50 per day per person, meals included.*

To find out more about Irish country houses write the Irish Tourist Board, Dept. ASG, Box 1200, Long Island City, N.Y. 11101. There are 16 country house inns listed in the booklet *Irish Country Houses and Restaurants.* ■

Carol Spicer is a freelance writer living in Michigan.

SUSAN WOOD

WINE & FOOD



COOL SEASONAL DELIGHTS

like lemon mousse over blueberries



The Bacardi Daiquiri. Now it's as nice to eat as it is to sip.

Introducing the Bacardi Daiquiri pie. It tastes soft and cool, light and bright. And it's a breeze to make. In fact, it's just like the Bacardi Daiquiri itself. Nice and easy.

Nice and easy Daiquiri pie.

1 pkg. (4-serving size) Jell-O® Brand Lemon Flavor Pudding and Pie Filling
1 pkg. (3 oz.) Jell-O® Brand Lime Flavor Gelatin
⅓ cup sugar
2½ cups water
2 eggs, slightly beaten
½ cup Bacardi® light rum
2 cups Cool Whip® Non-Dairy Whipped Topping, thawed
1 baked 9-inch crumb crust, cooled

Mix pudding, gelatin and sugar in a saucepan. Stir in ½ cup water and eggs; blend well. Add remaining water. Stir over medium heat until mixture comes to *full* boil. Remove from heat; stir in rum. Chill about 1½ hours. (To hasten chilling, place bowl of filling mixture in larger bowl of ice and water; stir until mixture is cold.) Blend topping into chilled mixture. Spoon into crust. Chill until firm, about 2 hours. Garnish with additional whipped topping, lime or lemon slices, grated lime or lemon peel, or graham cracker crumbs.

Nice and easy Daiquiri.

Shake or blend dry, liquid or frozen Daiquiri mix (as directed on package) with 1½ oz. Bacardi light rum and lots of ice. Strain and serve in a cocktail glass or on the rocks. (Instead of mix, you may use juice of half a lime or lemon with ½ teaspoon of sugar.)

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WINE & FOOD

This month: A money-wise menu of seasonal vegetables and indispensable staples by Perla Meyers. A handy buying guide to food processors, plus tips for using them from top cooks. Good eating, country-style, from Martha Stewart. How to prepare, pack, and pour drinks for summer entertaining by Doris Tobias.

Cook's guide to food processors

New whiz in the kitchen

Tips and facts about the new superstars that are speeding up meal-making across the country

The food processor is the kitchen's new wonder worker. It chops onions, minces parsley, shreds cabbage, grates Parmesan, grinds beef for hamburgers, and takes the hard work out of mousses and pâtés. With the launching of several new machines to join the original French import, the Cuisinart Food Processor, there's an influx of cookbooks to teach machine cooking. Here's a shopping guide to the machines on the market, the new books, and some time-saving tricks from good cooks.

Emerick Bronson. Grate coconut in a flash. Pry nut open with a paring knife and peel with a potato peeler first. Use shredding disk. Pack in plastic and freeze.

Julia Child. Freeze leftover homemade mayonnaise. Thaw and beat in food processor with a little Dijon mustard.



Julia Child demonstrates

Carl Sontheimer. To make your own almond paste, combine ½ pound blanched almonds and 1 cup sugar in bowl and process with steel blade until it is finely ground. Add 1 egg white and continue to process until it forms a stiff ball. Whip up slightly ½ egg white more and add as you process by spoonfuls until almond paste is consistency you desire.

Mary Moon Hemingway. For gelatin desserts, dissolve the gelatin right in the processor bowl with hot water, then add the other ingredients.

To make bread in large quantities: Divide ingredients into thirds. Combine yeast, liquid, and fat and divide between three different batches of flour in bowl.

Abby Mandel. To mash potatoes successfully, first put through the shredding disk and then whirl with butter, using machine's plastic knife.

Julie Dannenbaum. Brown sugar that's hardened can be swiftly softened in the food processor. Process in chunks with the steel knife.

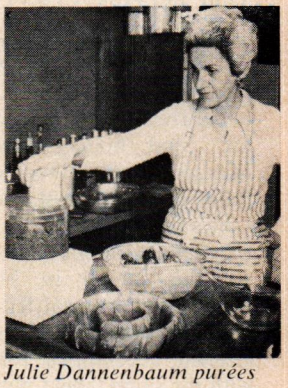
Fayal Greene. Make your own fresh sweet butter. Use the heaviest cream. Let it stand a few days to thicken. Whirl well-chilled cream in bowl with steel knife for 50 seconds until granules form. Add 2 ice cubes and process until butter forms a ball. With a fine sieve, gently press out remaining water.

For quick soup, put ½ cup leftover vegetables in work bowl and add 1 cup boiling stock or bouillon as you process. Add butter or cream, if you wish.

Dorothy Sims. Banana Muesli for a healthy breakfast: Shred 3 bananas and 1 tablespoon hazelnuts. With plastic blade in, add 3 tablespoons wheat germ, 1 tablespoon sugar to banana nut mixture, and, with motor on, add ½ cup fruit juice and 1 tablespoon lemon juice. For nut muesli, shred 1 tablespoon almonds, 1 tablespoon hazelnuts, and a piece of lemon peel. With plastic blade in place, add 3 tablespoons wheat germ, 1 cup yogurt, and 1 tablespoon honey for 2 to 3 turns of the blade.

Penelope Wartels. Making baby food at home is easy and convenient: Cook a pound of beef in some water with 1 carrot and 1 stalk celery. Then purée it in the food processor with a little of the broth until you get the right texture. Freeze mixture in ice-cube trays. Purée vegetables with a little of their cooking water—even pea skins are no problem, the purée is so smooth. Fruits are treated the same way. All can be frozen. You only have to remember to defrost a few ice cubes.

Marion Cunningham, who gives demonstrations at the Williams-Sonoma kitchenware shop in San Francisco. Process ½ cup tart orange marmalade with the steel knife for about 5-10 seconds. Pour the marmalade over 4 peeled and sectioned orange sections in a bowl. Serve as a light dessert after a rich meal.



Julie Dannenbaum purées

If eggs for a sauce have been cooked too long, or if the sauce has become grainy, process the sauce with the steel knife and it will smooth out perfectly.

Ann Rowan, who teaches cooking in North Salem, N.Y. and at The Silo in New Milford, Conn. Put carrots, celeriac, potatoes through the slicing blade twice for matchstick pieces. Shape is

Continued on page 142

Machine cookbooks

There is a whole slew of cookbooks out now on food processor cooking that give inspiration and valuable tips on techniques when you first start to use the machine. Here's a rundown on some of them, but remember—once you've mastered the machine and have a feel for what it can do, any recipe can be adapted to machine cooking.

NEW RECIPES FOR THE CUISINART FOOD PROCESSOR
(Cuisinarts, Inc., $5) by James Beard and Carl Jerome

This useful book is on sale at the same locations as the Cuisinart Food Processor, or is sent free when a purchaser sends in the warranty card for the CFP-5 model. James Beard and Carl Jerome give their own favorite techniques and recipes for food processor cooking and include recipes from a wide variety of expert cooks.

FOOD PROCESSOR COOKBOOK
(Simon and Schuster, a Fireside Book, $5.95) by the Editors of Consumer Guide

A well-illustrated, large format paperback. Recipes for the larger kitchen machines plus the food processor include detailed step-by-step photographs showing what the ingredients should look like at each stage of processing.

Continued on page 140

Cooking by the dollar

The 7-salad buffet

A moneywise menu of seasonal vegetables for an appetizing summer meal you can toss together in a snap

Vegetables in season, besides being fresher and more flavorful, are good budget buys. Perla Meyers, a great advocate of using foods in the peak of their season (she's the author of *The Seasonal Kitchen* [Random House], runs a cooking school in Manhattan called The Seasonal Kitchen and has just completed a range of kitchen accessories for Martex with the same label) puts them to good use for antipasto lunch parties, which she can put together on the spur-of-the-moment by combining what is freshest from the garden or market stall with basics from her pantry. "I keep my pantry well-equipped all year-round, and especially in the summer, with such basics as rice, eggs, beans, sardines, tuna, and anchovies so that I can put together meals quickly without spending too much time in the kitchen," says Mrs. Meyers, who feels that the balance of these dishes is as important as the presentation. "Each dish on an hors d'oeuvre table should have a character of its own," says Perla Meyers. "I pair vegetables and herbs that combine well: Cucumbers have a natural affinity to mint, beets with dill, and all the gutsy vegetables go well with basil. Each dressing should have its own personality too, changed perhaps with lemon, herbs, or peppercorns. If you use mayonnaise more than once, flavor one dressing with curry, the other with tuna." Limit starchy salads to one or two—Mrs. Meyers usually chooses among white beans, potatoes, lentils, chick peas and rice.

"If you're a clever cook, you can repeat some elements: Parsley, capers, chives, pimientos, and olives can be used judiciously in several dishes without becoming the overriding element." Mrs. Meyers serves salads slightly chilled, but never cold, bringing them back to room temperature from the refrigerator for 45 minutes before serving, and reseasoning carefully. The total look is important, too, she feels. Using serving bowls and plates of different sizes and textures adds drama. Even in winter, salads can be seasonal. Brussels sprouts or broccoli can be served with a crème fraîche dressing; beets or lightly poached zucchini with walnut sauce. For recipes, please turn to page 142.



Right: Perla Meyers, with a basket of pre-lunch drinks and a tray of crudités to go with a butter anchovy dip.

Opposite, from top: 1. Kitchen-dining room, renovated by architect Richard Henderson with big windows looking onto a leaf-fringed pond. 2. Cold curried vegetable ragout. 3. Natural wood and straw implements. 4. Salad of mozzarella and tomatoes. 5. Lemon mousse with blueberries, a summer favorite of Cinnamon, a kitten. 6. Bottles of soy sauce, oil, vinegar, and wine are stored on the cool, terra-cotta floor under the kitchen sink. 7. Dash of red caviar on eggs mayonnaise. 8. Tuna fish pâté. 9. Hearty salad of frankfurters with tomatoes, pimientos, and onion. 10. Green beans in walnut sauce. 11. Wall storage for small bottles: "A jar of mustard or a pot of marmalade can be a thing of beauty." 12. Cucumbers in crème fraîche. 13. Implements from all over the world dress up kitchen.

SUSAN WOOD



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Perla Meyers' secret for salads on the double: a pantry full of staples



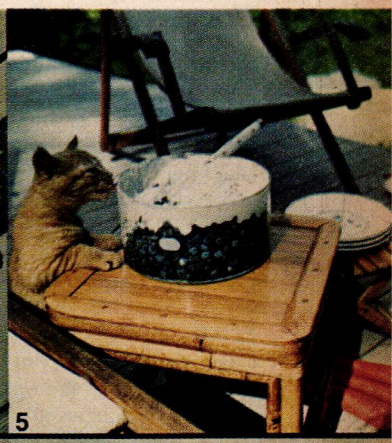
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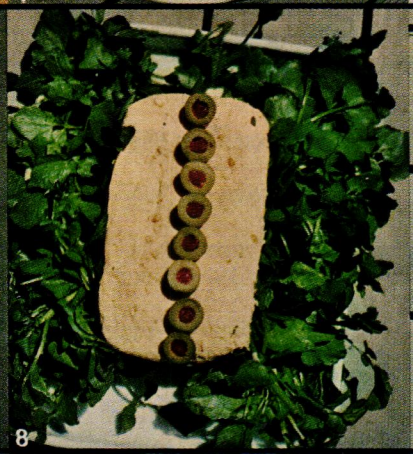
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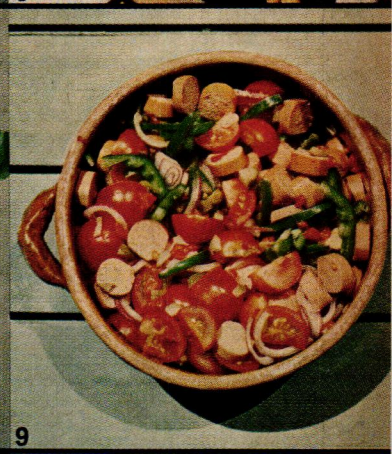
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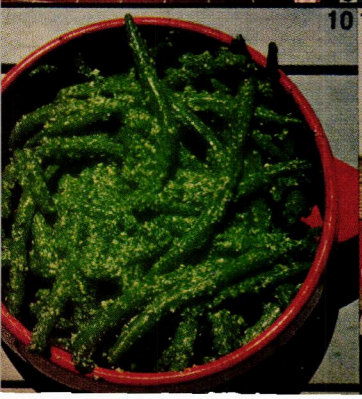
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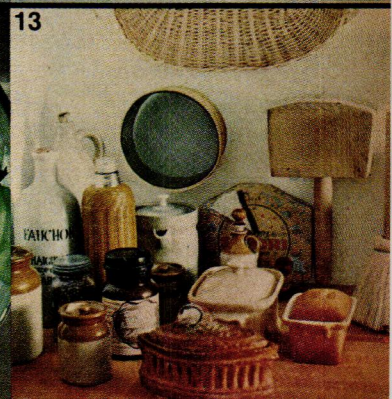
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Good eating country style

A meal's worth of Martha Stewart's farm-fresh recipes that you can share—even if you don't grow your own

DINNER FOR 8

Mussels vinaigrette
French bread

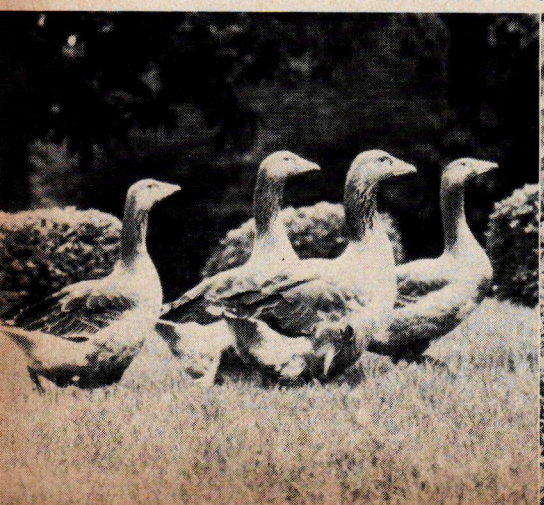
Pasta with clam sauce
Tomato arugula salad
Apricot tart
Chilled Soave or Pouilly Fumé

As well as growing all their own vegetables on their farm in Connecticut (see page 92), Andrew and Martha Stewart also have an orchard, a grapevine, and berries. "We adore raspberries and currants," says Mrs. Stewart. "One day I picked 22 pounds of raspberries. And red currant jelly is very important to my cooking. I use it for glazes on my tarts. Blackberries and gooseberries grow well, too." She also looks after 110 hens, which produce about 50 eggs a day, including pretty blue ones from her Araucanas. She has bantams and Polish chickens, too, not because they lay well, but because they're so pretty to look at. Living with her hens are 1 black sheep and 4 noisy geese, who are supposed to guard the property. Inside the house live 1 dog and 3 very furry cats, and daughter Alexis keeps a horse at the local stables. Surrounded by this activity, Mrs. Stewart manages to cater food for a party of 200 ("finger food, such as *saucisson en croûte*"), and the very next day a dinner for 40. (Menu: quiche, ragout of veal with fresh vegetables, salad vinaigrette, chocolate almond cake.) She finds her kitchen adequate for this large-scale catering, "but next time I'd put in a much larger refrigerator and another oven. This one is perfect for entertaining up to 20." She loves to use all ingredients from her farm, such as in the dinner described here—except for the pastry. She uses organic products if the recipe calls for them. "For my wholewheat breads, I use stone-ground flour," she says, "but I use white sugar in my French baking. I suppose I'm a classicist really. As long as you eat balanced food, every meal can be healthful."

Opposite page, top from left:
1. Home-canned jams and jellies.
2. Blue Araucana eggs mingle with production line and white.
3. Martha Stewart making pasta.
4. On the dining table, the delicious summer dinner all grown on the Stewarts' farm.

Opposite page, bottom: For dessert, apricot tart set out in the garden with Mrs. Stewart's pink luster tea set and the swimming pool beyond.

Below and below left: Martha Stewart and her 4 guard-geese.





Mussels vinaigrette

INGREDIENTS

6 quarts mussels, well-scrubbed
½ cup shallots, chopped
1 bottle dry white wine
freshly ground black pepper
1 cup fresh parsley, chopped
¼ cup fennel tops, chopped
¾ cup olive oil
¼ cup rice vinegar
2 tablespoons Dijon mustard
salt, pepper

METHOD

☐ Steam mussels in a large covered pot with the shallots, wine, and pepper, shaking the pot often. Steam about 5-7 minutes, until the mussels open. Cool, then refrigerate until well-chilled. Drain before using.

☐ To serve, place the mussels in a large bowl. Toss with the chopped parsley and fennel.

☐ In a small bowl, beat together the oil, vinegar, mustard, and salt and pepper to taste. Toss with the mussels. Serves 8-10.

Tomato arugula salad

INGREDIENTS

6 tomatoes, sliced
2½ cups arugula, loosely packed
¼ cup vinaigrette dressing with chopped shallots
fresh dill, chopped
fresh basil, chopped

METHOD

☐ Arrange tomato slices on a platter. Arrange arugula between the rows of tomatoes and down the outside. Pour the vinaigrette over. Sprinkle quantities of dill and basil on the tomatoes. Serves 8-10.

Apricot tart

INGREDIENTS

1 cup flour
pinch salt
1 tablespoon sugar
1 stick butter
2 tablespoons margarine
8-10 fresh apricots
¼ cup sugar
sliced, toasted almonds

METHOD FOR CRUST

☐ Put the flour, salt, and sugar in a large bowl. Cut in the butter and margarine until the texture is that of tiny pebbles. Add just enough cold water to make the dough adhere. Form a ball and refrigerate ½ hour.

☐ Roll out on a floured board into a circle large enough to fit a 10-inch shallow tart pan. Line with wax paper and fill with rice or beans. Bake in a preheated 350° oven for 8-10 minutes or until brown. Remove beans and paper and bake another 2 minutes to brown bottom. Cool.

METHOD FOR FILLING

☐ Plunge the apricots into boiling water for 30 seconds. Remove and peel.

☐ Arrange the halves in the baked tart shell, so no space is left between the fruit. Sprinkle with the sugar. Bake in a preheated 375° oven 12-15 minutes until fruit is soft but holds its shape. Sprinkle almonds on top. Serve within 3 hours of baking. Serves 8-10.

For additional recipe, see page 138.

SUSAN WOOD


1
2
3
4

Movable drinks

for patio, picnic, poolside, terrace, or beach

By Doris Tobias

How to prepare, pack, and pour for instant summer entertaining

Cooling drinks to pair with hot, spicy foods

So many outdoor favorites are spicy-hot palate pleasers—the ubiquitous frankfurters with mustard; Spanish, Polish, and Italian hot, hot sausages; peppery tacos stuffed with tongue-burning mélanges; the newly popular tandoori chicken, barbecued Indian-style after a bath of cumin, coriander, ginger, and red hot chili pepper, and grilled until crisp; or everybody's favorite—kebabs—skewered meats painted with well-seasoned barbecue sauce.



Chill magnums, half gallons, or gallons of **California mountain chablis** or other white varietals such as a fruity Chenin Blanc or Johannisberg Riesling.

Flowery, soft **German wines** are also pleasant foils for piquant dishes. Chill bottles of young ('75 vintage) Liebfraumilch, any of the reputable nonvintage Rhine wines widely available, or any of the gentle little Moselle wines.

Crisply refreshing **Italian whites** are great outdoors. Choose Soave, Verdicchio, or a delightfully dry Bianco Secco from the Chianti area.

Pleasantly not-too-dry white wines from **Spain's renowned Rioja region,** well-chilled, are lovely to drink and quite reasonably priced. Choose a Brilliante Blanco, semi-dry and fruity; Blanco Fino, delicate, soft, and dry; Cune Monopole, very dry and especially good with seafood; Cune Rioja Blanco Seco, fruity yet dry; and Señor Real, medium dry, young, and fruity.

Loire Valley whites are summer favorites—choose a Muscadet de Sèvre-et-Maine, crisp and great with seafood; Gros Plant du Pays Nantais, soft, light, and dry; or the gay, lightly bubbling Vouvray.

Don't overlook plenty of well-chilled **beer,** a most welcome beverage for highly seasoned foods.



Zesty drinks to pair with bland foods

When your outdoor fare is not aggressive—mild cheeses, gentle velvety pâtés, just-caught seafood, or a platter of cold chicken and turkey, think in terms of wines and spirits with character as counterpoint to the dishes. Choose red and white wines with a hint or more of spiciness and body.

Pack well-chilled bottles of **California or Alsatian Gewürztraminer**—golden, with a spicy bouquet and taste, zippy and satisfying.

Take jugs or fifth-size bottles of **Zinfandel,** the "mystery" red grape of California, with its berrylike bouquet and spicy, robust taste. These need not be chilled unless the weather is unusually hot, in which case chill the bottles a half-hour in the refrigerator before packing. Or take a bag of ice cubes. Even wine experts have been known to plonk a cube of ice into a glass of wine on a hot day to make it especially refreshing.

Do variations on the **Bloody Mary** theme. These can be as peppy and original as your imagination and tastebuds permit. Make **Oriental Bloody Marys:** Add to 1 quart of basic tomato juice-and-vodka: lemon juice, a teaspoon of grated fresh ginger, and a tablespoon of light soy sauce. Serve over ice.

For a **Texan Bloody Mary** add 3 tablespoons of your favorite barbecue sauce plus lemon juice. Have a plastic bagful of fresh mushrooms wiped clean with damp paper towels and dipped in lemon juice to keep them white and use one or two as garnish for the finished drinks.

Take **Iced Coffee Zingers:** To a quart of strongly brewed and cooled coffee, add ¼ teaspoon each cinnamon, cloves, nutmeg, and allspice. Spike the drink with 4 ounces light rum, Bourbon, or rye and pour into a tightly lidded jar. Pack plenty of ice cubes, cream for those who may like theirs light, and finely powdered sugar. Serve in ceramic or plastic mugs with spoons.



Have **Spicy Icy Tea:** To each quart of strongly brewed and cooled tea add ⅛ teaspoon each cloves, cinnamon, and nutmeg and a teaspoon grated orange zest. Pack ice, tall plastic glasses, jars of finely powdered sugar, and strips of orange zest for garnish.

Pack Red Zingers: Young people especially love the startlingly red herbal tea, one of the few that does not taste like boiled weeds, available in most health food stores under the name Red Zinger. Brew the tea according to directions, cool it, and pack as you would other movable drinks. Add a bag of bright green grapes for a color garnish.

Some ideas for movable drinks



Favorite standbys—**Martinis, Manhattans, Sours, Old-fashioneds**—can be mixed in the proportions liked best and poured into quart or larger jars with tight-fitting lids. Place in thermal bags along with large plastic bags filled with ice cubes and small jars of garnishes—olives, lemon and orange strips, cocktail onions, and almonds. Take chunky Old-fashioned glasses, perhaps plastic if poolside drinking calls for caution.

Spirits and fizzy combinations: Pack one or more bottles of Scotch, rye, Bourbon, rum, gin, or vodka, according to your guests' preferences. Add plenty of club soda, ginger ale, quinine water, bitter lemon, bags of ice cubes, stirrers, and glasses. And think of diet-type mixers for those on weight-conscious regimens.

Kir and variations: The proportion of crème de cassis, sweet black currant liqueur, to dry white wine is purely a matter of taste. Some like 1 tablespoon of cassis to 4 ounces of dry white wine; others prefer it with less or more cassis, which means less or more sweetness to the drink. So it's best to carry separate bottles of prechilled dry white wine and cassis, ready to pour and mix on the spot. Half-gallon jugs of California Chablis, or an Italian or French white country wine are great for Kir if you're having a crowd. Pack a tablespoon for measuring, pretty glass or plastic tumblers, and ice in abundance. For variations of the Kir, try a Frir, using framboise, a raspberry-flavored eau de vie; or a Mir, made by adding mirabelle, a yellow plum eau de vie.



Continued on page 138

The sociable cheddar.



If the mood is a party one, the time is right for CRACKER BARREL Cheddar Cheese from Kraft. This party idea uses the distinctive flavor of CRACKER BARREL as a refreshing appetizer: cubes of CRACKER BARREL on wooden picks with shrimp and cherry tomatoes; or you could use melon balls instead of tomatoes. Deliciously sociable CRACKER BARREL is another reason America spells cheese KRAFT.

Cracker Barrel.
Our pride. Your joy.

KRAFT

Movable drinks
continued from page 136

For those who enjoy a **Cardinal,** made with dry red wine and cassis, pack bottles or jugs of red wine. Prechill the red as you would white wine and mix in the same proportions to suit individual taste.

Don't forget to pack a good corkscrew and several bottle openers.

Prepare nonalcoholic orange juice, lemonade, and Bloody Mary mixes. Pour into large, tight-lidded jars. Take plenty of ice cubes, tall glasses, and several bottles of gin and vodka. You can serve the drinks straight or spiked with spirits for those who want a lift.

Pour strong, cooled iced tea and coffee into jars. Add bottles of rye, Bourbon, Southern Comfort, vodka, and gin, ice cubes, little jars filled with lemon and orange zest, and a bag of dark sweet cherries. Pack sugar and cream for nonalcoholic sippers, glasses and stirrers.

Pleasing punches that travel well

APPLES AND ROSES

Fruity apple cider complements the sensuous almond taste of Amaretto di Saronno liqueur . . . the citrus binds them together and heightens the effect.

½ gallon apple cider
1 cup Amaretto di Saronno
juice of 1 lemon
juice of 2 oranges
club soda
toasted almonds

Mix cider, Amaretto, lemon and orange juice; pour into large, lidded jars and refrigerate until ready to pack. Take bags of ice cubes, quart bottles of club soda, tall glasses, and a bottle opener. Tuck in a bag of whole toasted almonds for garnish. When ready to serve, fill glasses half full with punch. Add ice and fill the glasses with soda. Stir and plonk a few toasted almonds into each glass. Makes 18-24 drinks.

GLACIAL MULLED WINE

A seasoned turnabout on the traditional hot, spicy winter drink—zippy and unusual.

½ gallon dry red wine
¼ teaspoon ground cinnamon
¼ teaspoon ground allspice
⅛ teaspoon cloves
⅛ teaspoon nutmeg
1 pint orange juice
1 pint pineapple juice
club soda
stick cinnamon

Pour 1 cup red wine into a small saucepan. Add spices and simmer, stirring, a few minutes until blended. Cool. Combine with remaining wine and the orange and pineapple juices. Stir well. Pour into lidded jars and refrigerate. Along with bottles of club soda, pack an opener, tall glasses, and ice. Add a small bag of stick cinnamon for garnish. Makes 24-32 drinks.

SEAGREEN SPECIAL

Attractively verdant and cooling with an especially intriguing mélange of flavors.

1 quart unsweetened pineapple juice
1 cup fresh or reconstituted lime juice
4 ounces green Chartreuse
ginger ale
2 limes, thinly sliced

Mix juices and Chartreuse and chill. Pack in lidded jars with bottles of ginger ale, tall glasses, and a bag of lime slices for garnish. Makes 12-16 drinks.
Note: If sweeter drink is desired, add a little sugar or sugar syrup.

COOLING CRANBERRY BOGG

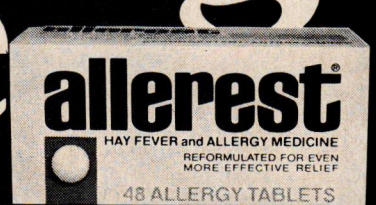
Brilliantly colored and zestily tangy.

2 quarts cranberry-apple juice
1 cup Boggs Cranberry Liqueur
1 cup orange juice
1 bottle (fifth) dry white wine
thinly sliced orange for garnish

Mix all ingredients. Pour into large lidded jars and refrigerate until ready to pack. Take Old-fashioned glasses—glass or plastic—ice, and a bag of thinly sliced orange for garnish. Makes 24-32 drinks. ■

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This means reformulated Allerest delivers relief better than ever before for hay fever and allergy symptoms. If it doesn't do the trick for you, better see your doctor.

The Strong One



Strong relief from The Allergy Specialist

Pharmacraft Consumer Products ©1977 Pennwalt Corporation

Eating country style
continued from page 134

Pasta with Clam sauce

INGREDIENTS FOR PASTA

3½ cups Heckers' unbleached flour
1 teaspoon salt
5 large eggs
1 teaspoon olive oil

METHOD

☐ Place flour on a board, mix in salt, make well in center. Break in eggs, add oil. With fingers or fork, gradually mix eggs into flour. Dough will be crumbly and dry. Knead 5 minutes until smooth and elastic. It will be very dense, not sticky.

☐ Cut off small amounts and run through the roller side of a pasta machine. Start at the widest opening and gradually make opening narrower until you have long, thin strips of dough. Or roll dough out with a rolling pin.

☐ Dry 15-45 minutes on an old-fashioned wooden clothes rack or a dowel just until the dough is dry but not brittle. When all strips are formed, run the dough through either the pasta, or fettucine cutter, or roll it up and slice in thin strips.

☐ Toss cut pasta lightly with flour and store up to 2 days in plastic bag in the refrigerator. Can also freeze. Serves 10.

☐ To cook: Drop pasta in a big pot of boiling salted water for about 2 minutes until it rises to the top. Drain, use immediately.

Continued on page 147

In a day when a 35¢ part can cost $35 to replace, it's time to look at a Gibson.



Maybe you've seen some of the new refrigerators, with their glossy looks and their flashy features. Nice, huh?

Unfortunately, a lot of that beauty is only skin deep. Because a beautiful refrigerator can turn ugly when it breaks down somewhere inside. And inside is where no one ever looks.

At Gibson, we look for you. With 3½ hours of quality control checks and double-checks on our Quality Mile test line. So when we say it's ready, it's ready.

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So before you buy a refrigerator, look at a Gibson.

It's more than just another pretty face.

Gibson Appliances. They last.

Gibson Appliance Corporation, Greenville, Michigan. *One of the White Consolidated Industries.*

1877-1977

Machine cookbooks
continued from page 131

COOKING WITH THE CUISINART FOOD PROCESSOR

(McGraw-Hill, $12.95) by Roy Andries de Groot

The author of *Revolutionizing French Cooking* and *Auberge of the Flowering Hearth* turns to cooking with the food processor and includes chatty, useful discussion of techniques, pitfalls, and ways to make your cooking healthier and lower caloried with the aid of this new machine.

THE FOOD PROCESSOR COOKBOOK

(Popular Library, $1.50) by Fayal Greene

Fayal Greene shows how the food processor can be used in a variety of basic ways—"Mayonnaise, hollandaise, and velouté sauces may be made virtually instantly. It came as a surprise to find that the laborious process of beating egg yolks with sugar until they form the ribbon is just as easy, so sponge cake is a snap," says the author. For dieters, there are some lovely skinny desserts and easy ways to make sherbets. "The one extra accessory you need for a processor," says Miss Greene, "is a pair of bamboo tongs for feeding food into the funnel."

FOOD PROCESSOR MAGIC

(Hastings House, $12.95) by Mary Moon Hemingway and Suzanne de Lima

Mary Moon Hemingway was the first to report on the Cuisinart food processor in House & Garden. An inveterate party giver, Mrs. Hemingway, with Suzanne de Lima, has compiled a collection of fast party food recipes, which they demonstrate in their food processor cooking classes in Stamford, Conn.

ABBY COOKS & COOKS & COOKS

(Abby Cooks & Cooks & Cooks, Inc., $9.95 postpaid) by Abby Mandel

Abby Mandel teaches a course in food processor cooking in Chicago. This loose-leaf cookbook contains her clever tricks for using the Cuisinart food processor and recipes that have been successful in her classes. Included is a great chocolate torte that can be completely assembled in the work bowl—the chocolate does not have to be melted over heat, just ground up fine. Available by mail from Abby Cooks & Cooks & Cooks, P.O. Box 118, Glencoe, Ill. 60022.

CUISINART FOOD PROCESSOR COOKING

(Dell, $4.95) by Carmel Berman Reingold

Carmel Reingold gives recipes for food processor cooking together with an appraisal of the larger machines on the market. The delightful recipes describe how to cook with the Cuisinart and alternative methods for the larger machines.

CULINARY ARTS BOOK OF RECIPES FOR THE FOOD PROCESSOR

(Culinary World, Inc., $10, postpaid) by Dorothy D. Sims

A compendium of recipes for soups, vegetables, sauces, and breads that Mrs. Sims has used in her cooking classes at the Culinary Arts Cooking School and put into this loose-leaf notebook. It is available at department stores throughout the country and from Culinary World, Inc., 111 East 65th Street, New York, N.Y. 10021.

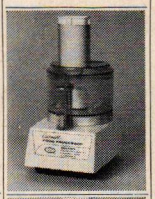
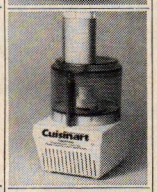
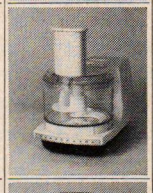
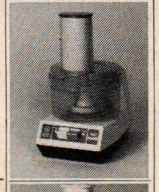
THE GREAT FOOD PROCESSOR COOKBOOK

(Random House, $6.95) by Yvonne Young Tarr

Yvonne Young Tarr compares the Cuisinart Food Processor with the Kitchen-Aid and Starmix. An evaluation is given of each with recipe directions for all three pieces of equipment.

Buying guide to food processors

The chart below offers a quick comparison of the seven food processors that are now or soon will be on the market. All machines have the following standard attachments—food pusher, stainless steel blade, stainless steel slicing and shredding disks—and a few offer a plastic blade in addition. All suggested retail prices are approximate.

Model		Motor Type Horsepower	Special Properties
CUISINART CFP-5 7 by 9 1/2 by 13 1/4 inches high **$225**		**Direct-drive .45 HP**	Handle on bowl. Circuit breaker shuts off motor in case of jamming or overheating. Turns on automatically once jam removed, motor cooled. Optional attachments: fine shredding & serrated slicing disks; julienne, vegetable, & French fry disks, juice extractor, pain de mie pan to bake bread that fits into feed tube.
CUISINART CFP-9 6 3/4 by 8 by 14 inches high **$185**		**Direct-drive 4/10 HP**	Circuit breaker, optional attachments same as CFP-5.
HOAN AG 3 6 by 9 by 15 inches high **$225**		**Direct-drive 3/4 HP**	Bowl's curved shape and special blades allow for processing very small amounts of food. Circuit breaker shuts off motor in case of jamming or overheating. Turns on automatically once jam is removed, motor cooled. Brake stops blade when switch is turned off. Extra bowls available.
WARING FP510 10 1/2 by 9 1/4 by 15 1/4 inches high (available Aug.) **$180**		**Ball-bearing 1/3 HP**	Handle on bowl, handles on base. On/off button. Pulse switch that automatically turns machine off and on for special tasks. Circuit breaker shuts off motor in case of jamming or overheating. Turn off, remove jam, let motor cool. Restart. Brake stops blade when switch is turned off. Blades can be used in tandem.
FARBERWARE 286 7 by 13 by 12 inches high **$120**		**Belt-driven 1/3 HP**	Circuit breaker shuts off motor in case of jamming or overheating. Turn off processor for 15 to 30 minutes to cool motor. Restart.
GENERAL ELECTRIC FP1 (available soon) 7 by 12 by 13 7/8 inches high **$90**		**Series Motor, Belt-driven 3/10 HP**	On/off button. Pulse switch automatically turns machine off and on for special tasks. If unit jams, turn off, remove jam, restart. If unit jams more than 30 seconds, open circuit is created to prevent electrical overload and unit must be serviced to be reused.
AMERICAN ELECTRIC 8000 6 3/4 by 7 3/4 by 14 1/2 inches high **$79**		**Direct-drive 1/2 HP**	In case of jamming or overloading, unplug, remove attachments, turn appliance on side; after a 5-minute wait, depress safety reset button, replace power cord plug into outlet, hold button down for 30 seconds.

SAFETY NOTES: *In all machines, motor will not start until cover is locked in position on container. Locking cover activates on-switch in most machines. Waring and General Electric have off/on button (see chart). Underwriters Laboratories suggests that all food processors should be unplugged immediately after use and when changing attachments.*

"You did something special to the beans, didn't you?"

Something special recipes.

The easiest.

Use fresh lemon as a wonderful basic seasoning for green beans. Just squeeze on juice from lemon wedges right before serving. Even right at the table. Salt and pepper to taste. It's so fresh it sparkles.



The next easiest.

Lovely, light lemon butter. Just melt 1/4 cup butter or margarine. Add grated peel and juice of 1/2 Sunkist lemon; heat. Pour over cooked green beans.



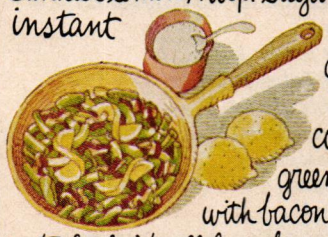
Something quick and cold.

A hearty, fresh salad. Combine 1/2 cup bottled Italian dressing; grated peel and juice of 1/2 Sunkist lemon; 1 can (16 oz.) green beans, drained; 1 can (15 oz.) red kidney beans, drained; and 1 small onion, sliced. Chill. Enjoy.



Something snappy.

Fry 3 slices bacon till crisp; remove and crumble. To drippings add juice of 1/2 Sunkist lemon, 1 tbsp. sugar and 2 tsp. instant minced onion; heat. Pour over cooked green beans. Garnish with bacon and lemon cartwheels. You'll love the mix of flavors.



Something sassy.

A lively, little sauce. Combine 1/4 cup softened butter or margarine, juice of 1/2 Sunkist lemon, 2 tbsp. chopped almonds and 1 tbsp. Dijon-style mustard. Spoon over fresh or frozen cooked green beans. You've got a hit.



Our famous Lemon-Aid Kit.

A. The Grater. Folds for storage. Stainless grating area. B. The Juicer. Squeezer and pouring cup come apart. C. The Faucet. Turns a lemon into its own bottle. D. Two Snackers™. Easy way to make twists or peel any citrus. E. The Recipe Booklet. Delicious new ideas for cooking with lemons. Only $2.00.



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Make check or money order payable to Sunkist Lemon-Aid Kit.
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Void where taxed or otherwise prohibited.
Allow 6-8 weeks for delivery. Prices include tax and postage. Offer expires Dec. 31, 1978.

"Of course. I made them with Sunkist® lemons."

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good for Chinese cooking, too.

Process regular sugar with the steel blade into extra fine, and if you let the machine run longer, into powdered sugar with an interesting consistency that works well for hard sauces, etc.

Great for praline powder: In a heavy saucepan, *slowly* cook ¾ cup sugar with ¼ cup water until it turns an amber color. Add ½ cup almonds or hazelnuts or a mixture of both (blanched, if possible), and cook until the mixture turns whatever caramel shade you prefer. Pour out on a cookie sheet to cool. Break into pieces and process with the steel blade into a fine powder. Store in a jar in the refrigerator to add to custards and sauces for flavor—2 tablespoons turns vanilla custard into caramel custard, or sprinkle on top of custard for a taste twist on crème brulée—or on top of ice cream. If the powder stiffens in storage, just reprocess.

When making steak tartare or kibbee, add spices and flavorings to bowl and process. Add meat and process again so flavorings are evenly distributed. Sprinkle top with capers.

Dorothy Sims. Beat cream and egg whites with steel blade. Not fluffy as with traditional methods, but the texture is fantastic, very good for decoration.



Make milk shakes with the plastic blade. Put vanilla ice cream and flavorings in bowl. Add milk with motor running. For thicker shakes, add more ice cream.

When adding liquids, keep motor running. The centrifugal force keeps liquids to sides. Remove bowl from base without removing lid. Will keep the seal better.

Freeze meat until just stiff and put through French fry disk for salads or stir frying. The trick is to have good pressure on the plunger.

When making cakes, butters, bread in the machine from a traditional recipe, increase leavening agent. The machine works so fast, it breaks down the agent.

Cut down on proportions of onions, leeks, garlic—from 1 large to 1 medium—all the juices will go to the recipe instead of onto the cutting board.

When cutting dates—they are often in recipes with nuts—put in the shredding disk and fill tube with alternate layers of dates and nuts. The dates won't gum up the disk.

Diana and Paul von Welanetz, authors of *The Pleasure of Your Company* (Atheneum, $11.95). Garlic: Make sure bowl is dry. Add a whole head of garlic, peeled, with the motor running and the steel blade in place. Process—the pieces will fly up onto the sides of the bowl. Put in a jar and cover with oil. Keeps in the refrigerator for a month. Take out as needed.

Grate potatoes with fine grating disk to make pancakes in a silver-dollar size to be served with green onions, sour cream, and caviar for hors d'oeuvre. Can be frozen, too.

Julie Dannenbaum. Health drink: 1 envelope Knox cranberry- or orange-flavored gelatin *drink,* 4 ounces unsweetened grapefruit juice, 5 ice cubes. Process until mixed and frothy. Good as mid-afternoon pick-me-up. More ice cubes make it like a sherbet to eat with a spoon.

Stuff a skinny loaf of French bread down feed tube with slicing disk in place. Wonderful slices to brown in the oven for Melba toast. ■

Lemon mousse

INGREDIENTS

1 quart blueberries
1 cup sugar
5 eggs, separated
juice of 2 large lemons
1 cup heavy cream, whipped stiff
2 teaspoons lemon zest, grated

METHOD

☐ Wash blueberries and remove their stems. Pour berries into a glass serving bowl and sprinkle with ¼ cup sugar.

☐ In the top of a stainless steel or enamel double boiler (don't use aluminum—it affects the flavor and color of the mousse), beat the egg yolks with the rest of the sugar until the mixture becomes a light lemon color. Add the lemon juice and cook the mixture over simmering water, whisking constantly, until it heavily coats a spoon. Do not let it come to a boil. Immediately remove from the heat and cool.

☐ Beat the egg whites until they are stiff but not dry and fold them gently into the lemon mixture.

☐ Fold in the whipped cream and the lemon zest. Incorporate them well and make sure the mixture is smooth. Chill, and just before serving, cover the berries with cold mousse. Serves 6.

Budapest sausage salad

INGREDIENTS

1 1-pound package frankfurters
1½ tablespoons cider vinegar
½ tablespoon sugar
5 tablespoons olive oil
1 teaspoon Dijon mustard
1 small red onion, thinly sliced
1 tablespoon capers, well-drained
2 tablespoons pimiento, finely chopped
1 small green pepper, diced
2 small dill pickles, thinly sliced
10-12 small cherry tomatoes, halved
salt, freshly ground black pepper
1-2 tablespoons parsley, minced

METHOD

☐ Slice the frankfurters into ¼-inch slices. Place in a serving bowl and reserve.

☐ In a jar, combine the vinegar, sugar, oil, and mustard. Cover the jar and shake until the dressing is well-blended. Pour over the frankfurters. Add the onion, capers, pimiento, green pepper, pickles, and tomatoes.

☐ Season the salad with salt and pepper and toss lightly. Leave to marinate 2-4 hours.

☐ Just before serving, correct seasoning and sprinkle with the parsley. Serve chilled but not cold. Serves 4-6.

Tuna pâté

INGREDIENTS

10 ounces tuna canned in olive oil, drained
1 cup sweet butter, softened and cut in pieces
2-3 drops lemon juice
2-3 drops Tabasco sauce
salt, freshly ground black pepper
10 medium shrimp, cooked, shelled, and minced
3 tablespoons pimientos, coarsely chopped
2 tablespoons tiny capers, drained
parsley sprigs or watercress
green olives stuffed with pimiento, sliced
buttered toast rounds

Continued on page 144

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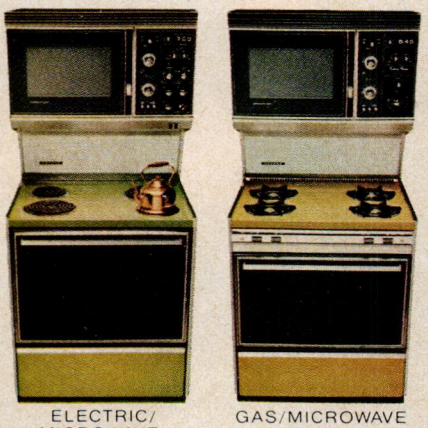
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continued from page 142

METHOD

☐ Place the tuna, butter, lemon juice, Tabasco, salt and pepper to taste in the container of a blender or food processor. Blend thoroughly until the mixture is smooth, scraping down the bowl to incorporate the ingredients completely.

☐ Spoon into a mixing bowl and add the shrimp, pimientos, and capers. Mix until the ingredients are evenly combined. Taste and adjust the seasoning; it must be highly seasoned.

☐ Pack the pâté into a well-oiled 3-cup loaf pan or mold, and chill 24 hours.

☐ Unmold onto a serving plate. Garnish with parsley or watercress and sliced stuffed olives. Serve with buttered toast rounds. Serves 6-8.

Cucumber salad à la crème

INGREDIENTS

4-5 cucumbers
salt, freshly ground white pepper
1 tablespoon white wine vinegar
5 tablespoons olive oil
1 teaspoon Dijon mustard
1 egg yolk
½ cup crème fraîche
2 tablespoons dill, minced
1 tablespoon chives and mint, minced

METHOD

☐ Cut cucumbers in half lengthwise, remove the seeds with a melon ball cutter. Slice the cucumbers into fine crosswise sections and place in a colander. Sprinkle with salt and let the cucumbers drain over a bowl 1-2 hours.

☐ In a small jar, combine the vinegar, olive oil, and mustard. Shake the jar vigorously to blend the dressing. Set aside.

☐ In a serving bowl, combine the egg yolk and crème fraîche and whisk well. Add the dressing by driblets, whisking constantly. Season with salt and pepper, add the well-drained cucumbers, the dill, and chives and toss lightly. Chill the salad for 4-6 hours. 30 minutes before serving, bring the salad back to room temperature and serve as part of an hors d'oeuvre table or as an accompaniment to cold roast chicken. Serves 4-6.

☐ In the summer, fresh tarragon makes an interesting substitute for the dill. Garnish with fresh sprigs of mint.

Eggs in caviar mayonnaise

INGREDIENTS

4-6 eggs, hard-boiled, and peeled
1 teaspoon vinegar
2 whole eggs
1 teaspoon Dijon mustard
pinch sugar
salt, freshly ground black pepper
¾-1 cup vegetable oil
3 tablespoons Danish red caviar
garnishes: sprigs of fresh watercress;
1 cup cooked peeled shrimp (optional)

METHOD

☐ Cut the hard-boiled eggs in half lengthwise and place cut side down on a rectangular platter. Ideally there should be room for 2 rows of eggs fitting snugly. Set aside.

☐ In the container of a blender, combine the vinegar, raw eggs, Dijon mustard, sugar, salt and pepper to taste. Blend the mixture at high speed for 30 seconds.

☐ Add the vegetable oil starting by droplets and then as the mayonnaise thickens, add the oil in a slow stream keeping the blender at high speed until the sauce is thick and smooth. Taste and correct the seasoning.

☐ Spoon the mayonnaise over the eggs covering them completely. Sprinkle with caviar and garnish along the edge of the platter with sprigs of watercress and optional cooked shrimp. Serves 4-6.

☐ Do not use black caviar for this dish as it will turn the mayonnaise a gray unappealing color. The mayonnaise can be prepared several days ahead of time and refrigerated.

Green beans in dill and walnut sauce

INGREDIENTS

1½ pounds fresh green beans
¾ cup scallions, including green tops, minced finely
3 tablespoons parsley, finely minced
4 tablespoons fresh dill, finely minced
3 tablespoons cider vinegar
3 ounces walnuts, coarsely chopped
½-¾ cup olive oil or vegetable oil
salt, freshly ground black pepper
garnish: sprigs of fresh dill

METHOD

☐ Snap the ends off and wash the beans thoroughly under cold water.

☐ Bring a big pot of salted water to the boil. Add the beans and cook for 8 minutes or until the beans are just tender; do not overcook. Drain and run the beans under cold water to stop further cooking. Transfer to a serving bowl and set aside.

☐ In the container of a blender, combine the scallions, parsley, dill, vinegar, walnuts, and ½ cup oil. Blend the mixture until smooth, adding a little more oil if necessary.

☐ Season with salt and pepper and pour the dressing over the beans. Toss. Chill for 1-2 hours. Bring the salad back to room temperature before serving and garnish with sprigs of fresh dill. Serves 6-8.

Continued on page 147



If you didn't have any Pyrex® ware, what would you make for dinner tomorrow night?

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Not meatloaf.

Why risk burnt meatloaf? A meatloaf baked in Pyrex ware browns nicely. Top, bottom and sides. And if a little glaze drips onto the pan, it's easy to soak off. (Free gourmet hint: add ½ lb. of sausage meat and ½ cup of dark beer — yes, beer — to any 2 lb. meatloaf recipe.)



Not lasagna.

What's lasagna without tomato sauce? Unfortunately, the acid in tomato sauce leaves some cookware pitted. And if it sits around in the wrong pan too long, its flavor will turn. But Pyrex ware lets you cook, serve and store lasagna that's truly "bellisima."



Not a shrimp casserole.

If you cook your casserole in just any old pot, you'll have to dish it out into something presentable before you bring it to the table. But when you cook in Pyrex ware, you serve in Pyrex ware. So the casserole comes to the table prettier. And hotter.



Not a cherry pie.

Would you risk a pie crust in anything but a Pyrex ware pie plate? Not if you want to make sure it's brown and crisp. Not if you want to be able to lift up neat, attractive slices. And certainly not if you want to pop your pie plate into the dishwasher when the pie's all gone.

Pyrex® ware. We make a better dish so you can.

CORNING

ICED TEA LOVERS! MAKE IT FAST, MAKE IT EASY, WITH MR.COFFEE®



Now brew great, full-flavored iced tea with Mr. Coffee and new Lipton® Tea Filter Blend.

It's fast. It's delicious. It's easy. With the Mr. Coffee method, there's no need to waste time cooling tea. And with Mr. Coffee coffeemakers' exclusive brewing system, you get full, fresh-brewed flavor even over ice. For best iced tea results, be sure to use genuine Mr. Coffee filters, made of the highest quality paper.

Here are easy directions for great iced tea:

To Brew	STEP 1 Cold Water (5 oz. Cups) to be Added to Glass Decanter and Placed on Warming Tray	STEP 2 Use This Much Lipton Tea Filter Blend in Filter*	STEP 3 Additional Cold Water (5 oz. Cups) to be Added to Machine
6 glasses	3 cups	3 level measuring tbsp.	3 cups
10 glasses	5 cups	5 level measuring tbsp.	5 cups

* Use more or less tea according to taste desired.

MR.COFFEE®

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Seven-salad buffet
continued from page 144

Cold curried vegetable ragout

INGREDIENTS

1 medium eggplant, unpeeled and cut into 1-inch cubes
2 medium-sized zucchini, cut into 1-inch cubes
salt, freshly ground black pepper
6-8 tablespoons olive oil or vegetable oil
1 hot dry chili pepper, broken into 2 or 3 pieces
2 cups onion, finely sliced
2 large cloves garlic, finely minced
1 large green pepper, seeded and finely sliced
4 large ripe tomatoes, peeled, seeded, and chopped
1 cup pimientos, finely sliced
1½ teaspoons curry powder
1 cup long grain rice
1-1½ cups water or chicken broth
garnish: 1 medium eggplant, finely sliced and sautéed in oil until brown on both sides; strips of pimientos; 6-8 Greek-type black olives; sprigs of fresh parsley

METHOD

☐ Place the eggplant cubes and zucchini in 2 separate colanders, sprinkle with salt and let drain for 30-60 minutes. Dry the vegetables thoroughly on paper towels.

☐ In a large heavy skillet heat 4 tablespoons oil, add the eggplant cubes and cook over medium heat until they are nicely browned on all sides. With a slotted spoon remove to a side dish and reserve.

☐ Add a little more oil to the pan, add the zucchini cubes and sauté for 3-5 minutes shaking the pan back and forth until the zucchini is browned on all sides. Remove from the pan and add to the eggplant.

☐ Add a little more oil to the pan, add the chili pepper, onion, and garlic. Cook the mixture over medium heat 4-5 minutes or until soft but not browned. Add the pepper, tomatoes, and pimientos; season with salt and pepper and bring to a boil. Cook, uncovered, until the tomato juices have evaporated. Add the zucchini and eggplant and cook another 3-4 minutes.

☐ Add the curry powder and blend it well into the vegetable mixture. Add the rice and water or broth, stir gently with a wooden spoon and bring to a boil. Reduce the heat and cover. Simmer 30 minutes. Check every once in a while—if all the pan juices have been absorbed by the rice and it is still not tender, add a little more water or broth.

☐ When the rice is done, transfer the mixture to a serving bowl and cool to room temperature. Taste and correct the seasoning.

☐ Garnish the vegetable ragout with overlapping slices of sautéed eggplant, pimiento strips, olives, and sprigs of fresh parsley. Serve at room temperature as part of an hors d'oeuvre table or as an accompaniment to barbecued meats. Serves 8.

Sardinian tomatoes and mozzarella salad

INGREDIENTS

2 tablespoons basil, minced
1 tablespoon parsley, minced
1 large clove garlic, peeled and chopped
5 tablespoons olive oil
1½ tablespoons red wine vinegar
salt, freshly ground black pepper
4 large ripe tomatoes, sliced ¼-inch thick
2 (8-ounce) packages mozzarella, finely sliced
1 red onion, peeled and sliced into fine rings
1 can flat anchovy fillets, well-drained
garnish: fresh parsley sprigs; oil-cured black olives

METHOD

☐ In the container of a blender, combine the basil, parsley, garlic, oil, vinegar. Season with a pinch of salt and pepper and blend the mixture until smooth. Reserve.

☐ On a large rectangular platter, alternate the tomato and mozzarella slices in rows, overlapping the slices a bit.

☐ Spoon the dressing over the salad; add a grinding of black pepper, and top with onion rings and a decorative design of anchovy fillets. Garnish the platter with parsley sprigs and oil-cured olives and serve lightly chilled but not cold. Serves 4-6. ■

Eating country style
continued from page 138

INGREDIENTS FOR CLAM SAUCE

12 cherrystone clams
6 large shallots, minced
2 cloves garlic, minced
6 tomatoes, peeled and chopped
¼ cup fresh parsley, chopped
½ cup fresh basil, chopped
3 tablespoons butter
3 tablespoons oil
salt, freshly ground black pepper
freshly grated Parmesan cheese

METHOD FOR CLAM SAUCE

☐ In a large pot, steam the clams in ¼ cup water for 4 minutes until they open. Drain clams reserving liquid and chop clams. Reserve.

☐ In a large skillet sauté the shallots, garlic, tomatoes, parsley, and basil in the butter and oil until soft. Simmer 5 minutes. At the last minute add clams and broth, season with salt and pepper to taste, and heat through. Arrange on top of freshly cooked pasta and serve with grated cheese. ■

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Shopping information

Prices approximate, state and local taxes additional. *Consult your interior designer or department store decorating service. Stores and designer sources in New York City unless otherwise indicated.

ON THE COVER

"Jennifer" wicker chair and ottoman: Chair frame about $2,400. Ottoman frame about $600. Both with natural finish. All cushions are custom. Designed by Michael Taylor for Mrs. Norton Simon. By Wicker-Wicker-Wicker, San Francisco. Also available at LCS*; London Marquis*, West Hollywood, Calif.

"Lichtenstein Stripe" cotton fabric: About $22 a yd. Imported by Glant Fabrics.* Available through Kneedler-Fauchère*, Denver, Los Angeles, San Francisco, and Seattle; Walter Lee Culp*, Dallas and Houston; Wayne Martin*, Portland, Ore. On East Coast write Glant Fabrics*, P.O. Box C-3637, Seattle, Wash. 98124.

Wood and stone table: About $4,900 as shown. Designed by Michael Taylor. Custom order from Michael Taylor, San Francisco.

Italian market umbrella with wooden frame: 182″ diam. natural canvas top. Clear lacquer finished frame. About $1,285. From The Wicker Works*, San Francisco.

"Calicut Extra" coir and sisal carpeting: 8′3″ wide. About $3.80 a sq. ft. Backing available at additional cost. From Jack Lenor Larsen.*

THE GOOD LIFE

Pages 92-95:

6-burner, 2-oven stainless steel range: 64″ x 31¼″ x 53½″ high overall. With 24″-wide griddle with valves, 24″-wide broiler, stainless steel backguard and high shelf, and oven designed to eliminate hot spots, give consistently even temperature. About $1,878. By Garland Commercial Industries.

"Superba" built-in stainless steel dishwasher: 24″ x 24⅛″ x 34½″ high. By KitchenAid Division, Hobart Corporation.

"Cuisine Centré" triple compartment sink of 18-gauge nickel-bearing stainless steel: 43″ x 22″. With self rim, center compartment designed to receive optional waste disposer or optional strainer, ceramic faucet deck with single lever faucet, retractable spray, two liquid soap or lotion dispensers, two remote-control pop-up drains, rinsing drain basket, and hardwood cutting board. About $531.47. By Elkay.

GARDEN WITHIN

Pages H614-19:

Floral design: By Larry Satarain of Environmental Decor, Los Angeles.

Bed canopy and hangings: Custom made by The Linen Tree, Los Angeles.

VEGETABLES

Pages H634-5:

"Seymore's Super Green" fertilizer. Enriches the soil without burning plant roots. Good for vegetables, flowers, roses, lawns, hedges, or potted plants. Helps produce larger vegetables and flowers, discourages lawn fungus. 5 lbs., $2.98 plus shipping; 10 lbs., $5.98 plus shipping; 25 lbs., $12.98 plus shipping; 50 lbs., $19.98 plus shipping. For this or a list of other organic gardening products, write Seymore's Super Green Fertilizer Company, P.O. Box 685, Southampton, N.Y. 11968.

Decorative clay pots: Handmade by Kitty Bright. From a collection at Eclectics, Bedford Hills, N.Y.; Entre Nous, Darien, Conn.; Henri Bendel; The Staircase, Beverly Hills, Calif.

IDEAS FOR EASY LIVING

Page 114

"The Chair" three-position folding deck chair: 24″ x 36″ x 36″ high. Rust-resistant steel frame with chrome finish. Canvas sling seat, umbrella fabric, carrying bag. Weighs 7 lbs., is 25″ long when chair and umbrella are folded into carrying bag. Green chair comes with yellow umbrella (shown), yellow chair with red umbrella, beige chair with red umbrella. By JAB Industries. At B. Altman & Co.

"Bigso" storage boxes of heavy laminated cardboard: Come unassembled in their own plastic shopping bags. Snap together. Come in blue, brown, orange, or green. Small box, 10½″ x 17″ x 6″ high, comes with window or brass file tab, $3.95. Box with brass handle, 13″ x 18″ x 9″ high, $7.95. Laundry box, 8″ x 14″ x 23½″ high, $7.95. At Design Research.

Page 121:

Ladder étagère of natural birchwood: 57″ x 15¾″ x 68″ high. With four adjustable 13½″-wide shelves—28¾″, 38½″, 48″, and 58″ long. About $260. By The Otto Gerdau Co. For store nearest you write The Otto Gerdau Co., 82 Wall St., New York, N.Y. 10005.

Willow screen: 72″ high, with three 20″-wide panels. Natural finish. About $90. By Import Specialists. At Ferrario, St. Louis, Mo.

"Circus" hardwood chair: 30½″ x 30″ x 39″ high. With clear finish, natural (shown) or "sand" canvas cover. About $89. By Gold Medal. At Jensen-Lewis: Maison Blanche, New Orleans; The Great Ace Hardware Store, Corners of Clark, Diversey & Broadway, Chicago.

"Charmglowette" portable travel gas barbecue: 15½″ x 14½″ x 8½″ high. Rust-resistant cast-aluminum body. Stainless steel cooking grids with 168 sq. in. cooking surface, 6″ high chrome-plated steel legs, and handle. "CharmRok" natural volcanic briquets can be reused indefinitely. For portability use 1 lb. liquid propane tank; adaptable to larger tanks. About $88.50. By Charmglow, division of Beatrice Foods. At Rickel Home Centers, Paramus, N.J.

"Nomad" multipurpose chair: 24½″ x 23½″ x 30″ high. Frame with baked enamel finish (shown in midnight blue), seat and adjustable back of vinyl coated polyester mesh (shown in white). Available in several other finishes, colors. About $75. From an indoor/outdoor group that folds flat. Designed by Don Colby for Brown Jordan. At Brown Jordan retailers.

Handwoven, reversible cotton rag rugs: From all new materials in striped, "hit and miss" and other patterns. Said to be machine washable and dryable. Stock sizes from $39 up. Other sizes to order. Place mats and pillows available. At The Pilgrim's Progress, 16 Commerce St., New York, N.Y. 10014. Free color brochure.

Folding adjustable-position cedar deck chair: 61″ x 27″ x 23″ high when open. Clear finish, natural canvas sling seat with orange stripe. $45. At Shelter Designs.

Bamboo folding chair: 24″ x 24″ x 32″ high. Canvas seat and back. From Italy. $125. At Bergdorf Goodman.

Canvas picnic bags with waterproof linings: 16½″ x 12½″ x 5½″. Inside has a band at each end to hold a bottle upright. In several colors. $9.50 each. Imported by Charles Lamalle. At West Town House.

"Instaflam" camping stove of blue acrylic plastic: 4″ dia., 7⅝″ high. For use with Gaz International C200 butane cartridge. Weighs 29 oz. with cartridge. About $27. Cartridge about $1.40. By Camping Gaz International. Imported by Wonder Corporation of America. At Eastern Mountain Sports, Boston.

"Pie Taker" polyethylene carrier: 9″ diam., 4″ high. Top seals to textured, slip-resistant gold-colored tray. With Cariolier handle. $3.98. **"Divide-A-Rack" polyethylene pic-stacking accessory:** 10½″ diam., 2½″ high. $2.09. Designed to be used with 12″ diam. "Cake Taker" carrier (not shown), $5.98. Both by Tupperware. See your local telephone directory White Pages under Tupperware Home Parties for the distributor nearest you. Or write Tupperware Home Parties, Customer Relations, P.O. Box 2353, Orlando, Fla. 32802.

Wicker lounge chair with pull-out ottoman: 31″ x 34″ x 33″ high. Of natural finish wicker with braid trim. Upholstered, channel-tufted in Indian cotton fabric. About $599. By Design Institute America. At Dayton's, Minneapolis; Jordan Marsh, Miami.

Handwoven cotton and silk bedspreads. Large size, about $75 each. Twin size, about $50 each. From India. At Beach Plum Tree, East Hampton, N.Y.

"Hej" beechwood chair: 30″ x 34″ x 34″ high when open. Folds into its own burlap bag. Clear finish, natural linen sling seat with head cushion at top. About $50. By Innovator for Moreddi. At Workbench.

Folding rattan snack tables: 15″ x 24″ x 28″ high. Natural finish, slat tops. About each. By Import Specialists. At Studio Shop, Pittsburgh, Pa. $25; 20th Century Shop, New Orleans.

SENSATIONAL BARN

Pages 122-123:

Left arm sofa: 94″ x 35″ x 30″ high. Loose seat and back cushions, upholstered here in wool, cotton, and rayon fabric. About $845 COM. **Matching right arm chaise:** 35″ x 71″ x 30″ high. About $570 COM. **Ottoman with upholstered Parsons legs:** 30″ sq. x 17″ high. Attached seat cushion. About $215 COM. **Wicker cocktail table:** 36″ sq. x 14″ high. With natural finish, ash-wood base. About $300. **Matching wicker end table:** 24″ sq. x 20″ high. About $300. All by Selig.

American toy horse: 16″ x 5″ x 12″ high. Painted black and white, with horsehair tail. c. 1890. **Antique American wooden rooster:** 20″ x 3″ x 27″ high. Virginia, c. 1850. Both at Kronen Gallery.

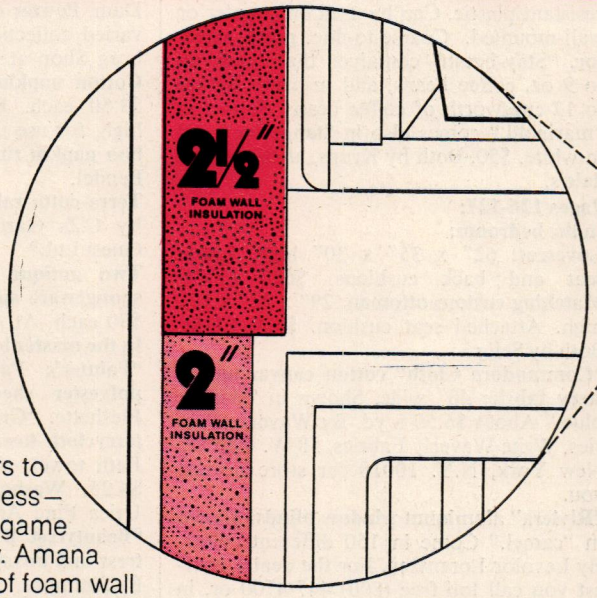
"Indian View I" screenprint: 30½″ x 23″ high. In green and pink. #31 out of an edition of 75 shown. By Howard Hodgkin. $180 as shown. **"Untitled" blue shaped cut-out drawing:** 33″ x 24″. By Emily Fuller. $250 as shown. At Ellen Sragow.

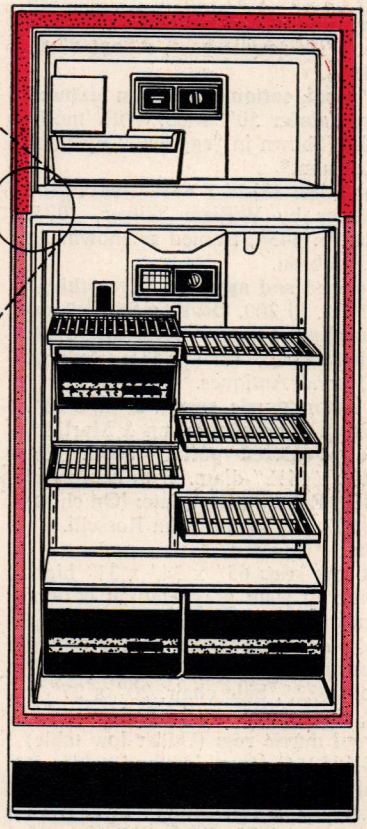
Cotton durrie rug: 9′8″ x 11′9″. Green ground with birds and animals. $4,000 as shown. From Patterson, Flynn & Martin.*

(Continued on page 150)

It makes sense to buy an Energy Saving Refrigerator today that you can afford to operate tomorrow.

Amana® 2 PLUS 2½™ = THE SENSIBLE WAY TO SAVE ENERGY!



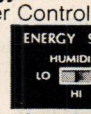


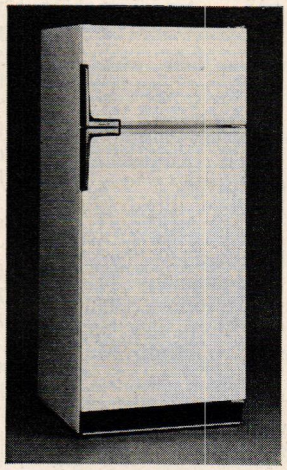
MODEL ESRFC-14A
with optional add-on
Automatic Ice Maker
(extra cost).

The name 2 PLUS 2½ refers to insulation thickness—the name of the game in saving energy. Amana puts 2½ inches of foam wall insulation around the zero degree freezer, where it's needed most (typical refrigerators have 1¾" of foam around the freezer). Here's why Amana uses 2½ inches of foam insulation. The freezer must maintain a temperature of 0°F. When the room temperature is 80°F., there's a difference of 80° between the inside of the freezer and the outside. That's why Amana engineers used good sense and put 2½" of foam wall insulation around the freezer. The refrigerator is approximately 38°F. inside—42° colder than room temperature. This doesn't require as much insulation, but Amana put 2 inches of foam wall insulation around the refrigerator anyway, ¼" more than typical refrigerators. *That makes good sense, too.*

Amana didn't stop with thicker foam wall insulation—the major part of the Amana energy saving answer. There's the seamless 1-piece Insuliner™ *plus* superior foam door insulation *plus* Magna-seal door gaskets. All combine to seal out heat and help keep electric bills down.

Save even more energy with Amana 3-Position Energy Saver Control: Heater strips minimize condensation around the freezer section during high humidity. Under most conditions, you would set the Energy Saver Control on "LO" position—which shuts them completely off to provide maximum savings. "HI" is for high humidity, and uses 50% less electricity than "EX.HI" which is for extremely hot, steamy conditions.



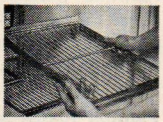


MODEL ESRFC-14A

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Doesn't all this make a lot of good sense? See your Amana Retailer. Or write Ann MacGregor for further information. Dept. 616, Amana, Iowa 52204.

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Amana Refrigeration, Inc., Amana, Iowa 52204. A Raytheon Company

Shopping information
continued from page 148

Dark brown glazed pottery bowl: (holding oranges) 16″ diam. $60. From John Rosselli.*

Painted metal floor lamps: 51½″ high and 64½″ high. With round bases. Shown in blue, also come in red, white, or green. $110 and $120 each, respectively, with bulb. From the "Sintesi" series by Artemide. At Ambienti.

Baskets throughout the house: From a wide and varied collection at Azuma.

Pages 124-125:

In the living room:

"Wickertree" wicker and chrome director's chairs: 29″ x 28″ x 31″ high. About $310 each. **Glass-topped cocktail table:** 42″ sq. x 16″ high. With acrylic base. About $390. Both by Selig.

"Ryland" wool, cotton, and rayon textured upholstery fabric: 50″ wide. With mothproof finish. Shown in "eggshell." By Stroheim & Romann.*

Silkscreen print: 48½″ x 36½″. From the "Vase" series by William Tillyer, 1975. Edition of 75. $450, framed as shown. At Bernard Jacobson.

Antique pieced and appliqué "Everything" quilt: c. 1865. $1,200. **"Rolling Stones" antique American Friendship Album quilt:** With signatures, c. 1860. $485. Both at America Hurrah Antiques.

Antique cotton durrie rug: 4′8″ x 6′10″. $2,000. From Patterson, Flynn & Martin.*

Glazed olive-colored pottery bowl: (On acrylic table) 14½″ diam. With geometric border. $60. **Raku pottery plate:** (On chest) 8″ diam. $27. Both from John Rosselli.*

In the loft:

Ashwood love seat: 65″ x 34″ x 31″ high. Upholstered in slate gray Haitian cotton. Loose seat and back cushions. About $665 as shown or $620 COM. **Wicker and chrome chairs:** Armchair, 22″ x 30″ x 33″ high, about $225. Side chair, 20″ x 27″ x 33″ high, about $170. All by Selig.

Indian wool durrie rug: (Under low table) 6′ x 9′. $1,069. Custom sizes and colors at additional cost. **Antique wool durrie rug:** (Foreground) 5′ x 10′. $1,000. Both from Patterson, Flynn & Martin.*

"Space I" cotton fabric: (On pillows) 59″ wide, 35″ repeat. Shown in color #63. From Arc Collection by International Printworks. $13 a yd. ppd. from Fabrications, 146 E. 56 St., New York, N.Y. 10022.

Antique American blue and white spongeware spittoon: 7″ diam., 4½″ high. $90. At American Hurrah Antiques.

Metal table lamp: With 45″ arm reach, inner reflector, porcelain socket for cool performance. In 9 colors, $56.95 each, or in chrome, $115. By Luxo Lamp. At Charrette.

Woven bamboo hammock: From the Philippines. $69.98. At Azuma.

"Moonship" lithograph: 29½″ x 42″. #10 of an edition of 65. $110 as shown. By Terry Frost. At Ellen Sragow.

Red, white, and blue American "Peanuts" quilt: 76″ x 64″. c. 1885. $195. At America Hurrah Antiques.

Pottery jug with handles: (On low coffee table) 9″ diam., 11″ high. $125. From John Rosselli.*

In the kitchen:

Natural unfinished hardwood stools: 14″ diam. seat, 30″ high. $15 each. Also in other heights. At Furn-A-Fit Workshops.

Antique American blue and white spongeware bowl: (Holding tomatoes) 9″ diam. $65. At America Hurrah Antiques.

Beige bowl with terra-cotta border: 15″ diam. $45. From John Rosselli.*

"Toroware" aluminum pots and pans: In various shapes and sizes. By Leyse. At The Pottery Barn.

Food processor: See page 140 for description. About $120. By Farberware. At Macy's.

"Brewmaster" electric drip coffee/tea maker: 10-cup, 50-oz. capacity. Of high-impact-resistant plastic. Shown in "marigold," also comes in "tangerine." $50. Optional tea-making insert, $5. **"Grindmaster" coffee grinder:** Of high-impact-resistant plastic. Can be used on counter or wall-mounted. Coarse-to-fine grind selector, "Stay-Fresh" container that holds up to 9 oz. coffee beans, and measure for up to 12-cupsworth of coffee beans. Shown in "marigold," comes also in "tangerine" and in white. $50. Both by Krups, at Bloomingdale's.

Pages 126-127:

In the bedroom:

Loveseat: 62″ x 35″ x 30″ high. Loose seat and back cushions. $620 COM. **Matching custom ottoman:** 29″ x 23″ x 17″ high. Attached seat cushion. $180 COM. Both by Selig.

"Commodore Cloth" cotton canvas upholstery fabric: 48″ wide. Shown in "skipper blue." About $6.50 a yd. By Waverly Fabrics. Write Waverly Fabrics, 58 W. 40th St., New York, N.Y. 10018 for store nearest you.

"Riviera" aluminum window blinds: Shown in "camel." Come in 150 different colors. By Levolor Lorentzen. For the dealer nearest you call toll-free (800) 447-4700 or, in Illinois, (800) 322-4400.

"Beautyrest Back Care III" full-size mattress and boxspring: About $179.95 each. By Simmons.

"Yellow Square and Quarter Blue" screenprint: 31″ x 23″. #14 of an edition of 72. $120 framed as shown. By William Scott. At Ellen Sragow.

American blue and white "Pineapple" quilt: 80″ x 100″. c. 1920. $400. **Late 19th-c. white pillowcases and shams:** $25-$35 a pair. From a collection. **Antique white embroidered candlewick pillow sham:** (On loveseat) 72″ x 28″. With fringe, tufted muslin design. c. 1850. $25. **Antique blue and white striped linsey-woolsey blankets:** $150 and $125 each. All at America Hurrah Antiques.

Late 19th-cen. American blue, white, and beige patchwork quilt: (On loveseat) $65. At Cherchez!

Antique diamond-patterned cotton durrie rug: 4′5″ x 10′4″. $1,600. **Antique zig-zag patterned cotton durrie rug:** 3′2″ x 5′7″. $600. Both from Patterson, Flynn & Martin.*

Painted metal table lamp: 14″ high. With adjustable base, wall-mounting bracket. Shown in white, comes also in red, blue, or green. $70 with bulb. From the "Sintesi" series by Artemide. At Ambienti.

In the bathroom:

"Executive Berber" Acrilan acrylic carpeting: 12′ wide. Shown in "wild oats." About $14.85 a sq. yd. By Milliken Carpets.

In the dining room:

"Eastford" maple trestle dining table: 38″ x 60″ x 29″ high. Shown in "autumn" finish. with two 12″ leaves. About $479. **"Turtleback" black-painted maple chairs with rush seats:** Sidechair, 17½″ x 16″ x 34″ high, about $155. Armchair, 22″ x 19″ x 34″ high, about $185. **"Fenwick" maple buffet with blue-painted finish:** Base, 45½″ x 18″ x 33¼″ high, about $479. Hutch, 44″ x 11″ x 44″ high, about $285. All the above with gold-colored bronze stencil decoration. All by Hitchcock Chair. At Carafiols, Bridgeton, Mo.; Higbee's, Cleveland; Wigg's, Bloomfield Hills, Mich.; Woodward & Lothrop, Washington, D.C.

"Queen Anne" sterling silver flatware: From the "Williamsburg" collection by Stieff. **Delft place plates:** 10″ diam. $44 each. By Delft. **Delft bowl:** (In hutch) 10½″ diam., 6″ high. $90. By Delft. **Glasses:** Wine and water glasses, $24.50 each. Double old-fashioned glasses, $11 each. By Royal Leer Dam. **Pewter collection:** (In hutch) From a varied collection. All from The Williamsburg Shop at B. Altman & Co.

Cotton napkins: 23½″ sq. From France. $3.50 each. **Baskets:** 13½″ diam., 2½″ high, for use under plates. $10 each. **Bamboo napkin rings:** $2.50 each. All at Henri Bendel.

Terra-cotta rabbits: 17″ x 12″ x 10″ high. By C'Zs Garden Enterprises. From C.Z. Guest Ltd.*

Two antique American blue and white spongeware spittoons: (In hutch) $85 and $90 each. At America Hurrah Antiques.

In the master bedroom:

"Painter's Palette" no-iron cotton and polyester sheets: Designed by Suzanne Pleshette. **"Grand Velour II" cotton-faced terrycloth towels:** Shown in midnight blue. Bath towel, about $7. Hand towel, about $4.25. Washcloth, about $1.75. All by Utica Fine Arts for J.P. Stevens & Co.

"Beautyrest Back Care II" king-size mattress and boxspring: About $539.95 the set. By Simmons.

"Mr." chair: 33″ x 39″ x 36″ high. Upholstered Parsons legs, loose seat cushion. About $360 as shown in poppy red fabric or $360 COM. **"Mr." ottoman:** 32″ x 24″ x 17″ high. About $170 as shown or $170 COM. **White-painted wicker lamp table:** 22″ x 32″ x 20″ high. About $310. All three by Selig.

"Second Triangles" screenprint: 30¾″ x 23″ high. By William Scott, 1972. $120 framed as shown. At Ellen Sragow.

Red and white American "Drunkard's Path" quilt: 72″ x 88″. c. 1880. $350. At America Hurrah Antiques.

Wool durrie rug: 6′ x 9′. $1,069. From Patterson, Flynn & Martin.*

White enameled metal floor lamps: 51″ high. Collars come in 6 different colors. $49 each. From the "Color Collar" series by George Kovacs. At George Kovacs.

"Headlight" enameled metal lamps: (By bedposts) Screw to wall, have optional clip-on mount. Shown in white, come also in black, red, yellow, or brown. $19.95 with 50-watt reflector bulb. By Luxo Lamp. At Charrette.

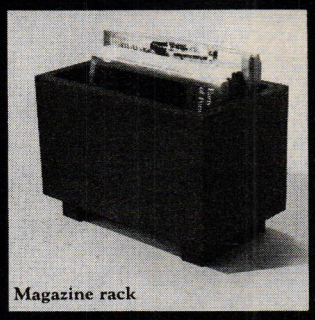
"Duo" china: White with electric orange border. $31 a 5-piece placesetting. **"Plus" bubble wine glass:** Both by Rosenthal. At B. Altman & Co.

Antique American blue and white spongeware pitcher: 9″ high. $110. At America Hurrah Antiques. ■

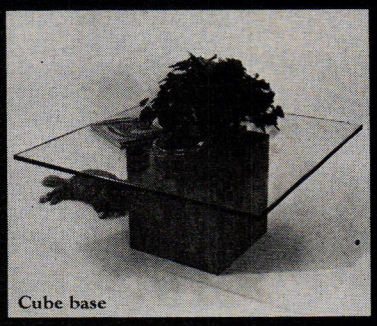
CORRECTION

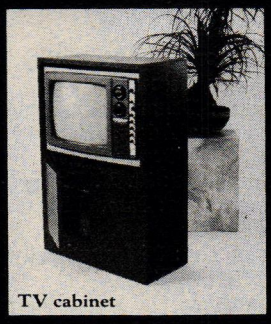
On page 118 of our April issue, the name of the painter of the blue and white canvas on the mirrored wall should have been Stephen Lyon Crohn. On page 159, May, the ballerina's name is Starr Danias.

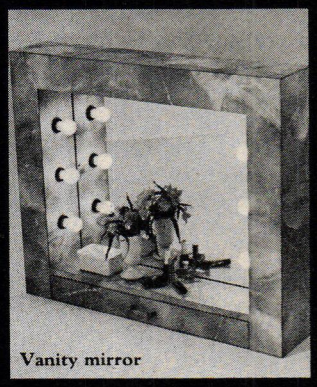
Yours for the making from Formica


Magazine rack


Cocktail table

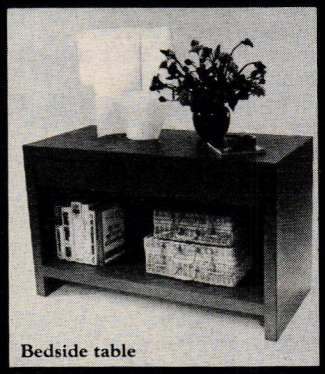

Cube base

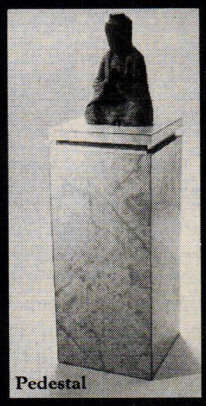

TV cabinet


Vanity mirror

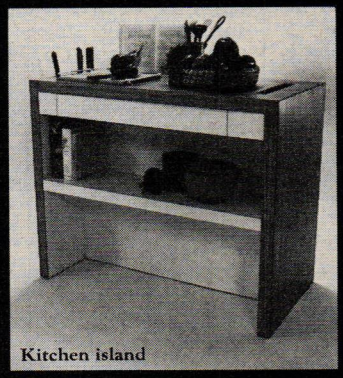

Utility cabinet

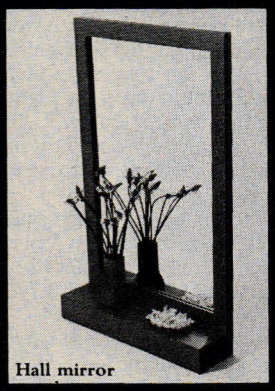

Telephone unit


Bedside table


Pedestal


Console table


Kitchen island


Hall mirror


Pedestal table

Designed by Dexter Studios, N.Y., for use with FORMICA® brand decorative laminate.

Please send me

complete construction plans for the choice of projects I've checked here. I expect these to be easy to follow step-by-step instructions on how to make handsome, stain-resistant, distinctively durable pieces of furniture. I understand that the complete kit for each project will be sent to me for $1 per selection. Enclosed please find $_____

- ☐ Magazine rack
- ☐ Cocktail table
- ☐ Cube base
- ☐ TV cabinet
- ☐ Vanity mirror
- ☐ Utility cabinet
- ☐ Telephone unit
- ☐ Bedside table
- ☐ Pedestal
- ☐ Console table
- ☐ Kitchen island
- ☐ Hall mirror
- ☐ Pedestal table

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Cincinnati, Ohio 45202

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Building Facts

Materials and equipment used in remodeling the house on page 110

ARCHITECTS: Adolf DeRoy Mark; Girvin W. Kurtz, Associate
OWNERS: Dr. and Mrs. Kenneth R. Cundy
INTERIORS: Adolf DeRoy Mark and Dr. Kenneth R. Cundy
LANDSCAPING: N. V. Holmes & Son
CONTRACTORS: Samuel M. Grinspan, James Ernst
SIZE OF LOT: 16 feet wide by 132 feet deep

STRUCTURE

Foundation: Old stone rubble walls, brick.
Framing: Standard wood construction for interior walls.

EXTERIOR OF HOUSE

Rear exterior wall: Brick with stucco finish by Penncrete Stucco Co.
Exterior paints: Blue, tan by Fineran & Haley, Inc.
Roof: Asphalt shingles by Certain-Teed Products Corp.
Insulation: Glass fiber batts in exterior walls by Johns-Manville Corp.
Windows: Wood windows, custom made by contractor, and metal windows.

INTERIOR OF HOUSE

Walls and Ceilings: Dry wall (wallboard) by U.S. Gypsum Co. Kitchen walls of stone. Kitchen ceilings with old, exposed wood beams.
Interior finishes: Paint by Arvon Products, Inc. On ceiling, sand float finish.
Floors: Mexican terra-cotta tile.
Lighting fixtures: Progress Lighting Div. of LCA Corp., Prescolite Div., U. S. Industries.
Kitchen cabinets: Wood, custom made.
Kitchen countertops: Mexican terra-cotta tile.
Plumbing Fixtures: Kitchen sink by Kohler Co.; bathroom fixtures by American Standard, Inc., Eljer Div., Wallace-Murray Corp.

MECHANICAL EQUIPMENT AND APPLIANCES

Appliances: Six-burner gas range with oven by Garland, cooktop grill with ventilating fan by Jenn-Air Corp., undercounter dishwasher and food waste disposer by KitchenAid Div., Hobart Mfg. Co. Refrigerator-freezer by Sub-Zero Freezer Co. Laundry stacked washer and dryer by Westinghouse Electric Corp.
Heating System: Forced warm air high velocity heating system.

Materials and equipment used in the barn on pages 122-127

DESIGNER: Emil Hanslin Associates
INTERIOR DESIGNER: Chuck Winslow, Inc.
CONTRACTORS: Yankee Barn Homes, Inc.
SIZE OF HOUSE: 2,380 square feet.
SIZE OF LOT: 33,245 square feet.
LOCATION: "Eastham," Grantham, N.H.
COSTS: Factory fabricated, precut, main house package, $26,468. Interior partitions and doors: $550. Studio-bedroom wing and bath, $6,862. Total package $33,880. Deck, $3 a square foot.

STRUCTURE

Foundation: Poured concrete footings and walls enclosing "crawl space."
Framing: Post and beam construction of long-leaf yellow pine timbers recycled from old barns; they are framework of doors and windows as well as house structure.

EXTERIOR OF HOUSE

Exterior-interior walls: Factory fabricated Douglas fir panels are double, "sandwich" units with polyurethane insulation between them. Using rough-sawn 5/8-inch-thick "Roughtex" plywood by Champion Building Products, the double panels serve as both exterior siding and interior walls.
Exterior finish: Oak brown stain #0335 by Samuel Cabot, Inc.
Roofs: Red cedar wood shingles over factory fabricated double panel units; "sandwich" units of roof underlay sheathing, polyurethane insulation, with 5/8-inch-thick "Roughtex" plywood ceiling panels by Champion Building Products.
Insulation: Polyurethane by Upjohn Co. factory installed in wall and roof panels.
Windows: Bronze finish, aluminum frame, with insulating glass and screens by North American Mfg. Co.
Shutter-screens: "Kal-Lite" by Kalwall.
Skylights: Wasco Products, Inc.
Doors: Bronze finish, aluminum frame sliding doors with insulating glass and screens by North American Mfg Co. Factory-made wood doors.

INTERIOR OF HOUSE

Interior partition walls: Dry wall ½-inch-thick gypsum wallboard.
Ceilings: "Roughtex" 5/8-inch-thick rough-sawn fir plywood panels by Champion Building Products and gypsum wallboard.
Interior finishes: #917 stain by Olympic Stain Div., Comerco, Inc.
Floors: First floor: 3-inch yellow pine planking with dark urethane finish. Second floor: carpet over plywood subfloor.
Lighting: Solid state dimmer controls by General Electric Co. Electric outlet molding strips by Wiremold Co.
Fireplaces: Dampers by Donley Bros. Co.
Hardware: Locksets and hinges by Dexter Lock Div., Kysor Industrial Corp. Front door, Williamsburg Blacksmiths.
Kitchen cabinets: Custom made of rough-sawn barn pine board by Arrow Woodworking.
Countertops: In kitchen, maple butcher block. In bathrooms, "Corian" by Du Pont.
Plumbing fixtures: Kitchen sink by Elkay Mfg. Co.; bathtubs by Kohler Co.; toilets by Eljer Plumbing Div., Wallace-Murray.

MECHANICAL EQUIPMENT AND APPLIANCES

Appliances: Range by Jenn-Air Corp.; refrigerator, dishwasher, and Trash Masher by Whirlpool Corp.; laundry washer, dryer by Frigidaire Div. of General Motors Corp.
Hot-Water Heater: 82-gallon tank by Rheem Mfg. Co.
Heating equipment: Electric baseboard heating. ■

Furniture finishing

continued from page 72

you'll find that you can vary the size of the spatters, which will give you a livelier look to the finish. For instance, if you use a thinner solution of paint and a smaller brush, you get finer little spatters.

Paint can be poured directly onto furniture for a **floated look.** To create this finish, colors are dropped on each other in various tones: A light base color will take light, medium, and dark values in floating colors on top; a dark base will take medium to light tones. To make colors float, you thin out the paint to the consistency of milk, then literally pour it on the surface. On top of this, dab on a second color tone with a turkey feather. For a third color tone, use another feather, and repeat the pour-on, feather-on process until the whole surface is floated with paint. Splash turpentine on top by cracking a 2-inch brush against a block of wood, and blot out here and there with a dry sponge or cloth. This finish is incredibly messy, but more fun, because the chances of different random patterns are greater.

A really amusing finish is one that you can make from **matte photographs, newspaper articles,** and **magazine pictures.** Use Bristol board, a heavy drawing paper bought from art-supply stores, and give it a single coat of rubber cement. When the cement is dry, place whatever you want transferred face down onto the cement. Blacken the back with a soft lead pencil, then peel the picture away, leaving a photo-transfer on the Bristol board paper. This can then be glued to furniture, and is especially effective if pictures of trees and flowers are used. You can make all sorts of collage designs with faces and bucolic scenes, but remember the process will not work on any glossy photos.

Final trick to remember if your furniture is badly scarred: **Paste textured fabric** over the piece, gluing with Sobo. Then paint a base coat and follow with any fancy finish. ■

Talk-it-over technique

continued from page 34

drive to get more money and thus the worry of not having enough.

Fear of growing old lurks within everyone. Influenced by young, vibrant heroes and heroines in the news, we are reluctant to face physical maturity, graying hair, and a body of withering strength. No one wants to be "square," everyone wants to be actively "with it." And there is a psychological bonus to this aim. Mentally, looking and feeling good leads to improved self-esteem. Some people need encouragement in their fitness program and this is where a friend can be helpful. "The role of a confidant in the health area is to provide a balance between emotional support and painful truth," says Dr. Green. Any kind of physical self-improvement establishes an emotional "up" and better self-image, "but for best results it should be done when the subject is in a positive mood and generally feeling good about himself. Good health starts from the inside and moves out." The confidant tries first to change the mental set, then proceeds to encourage action.

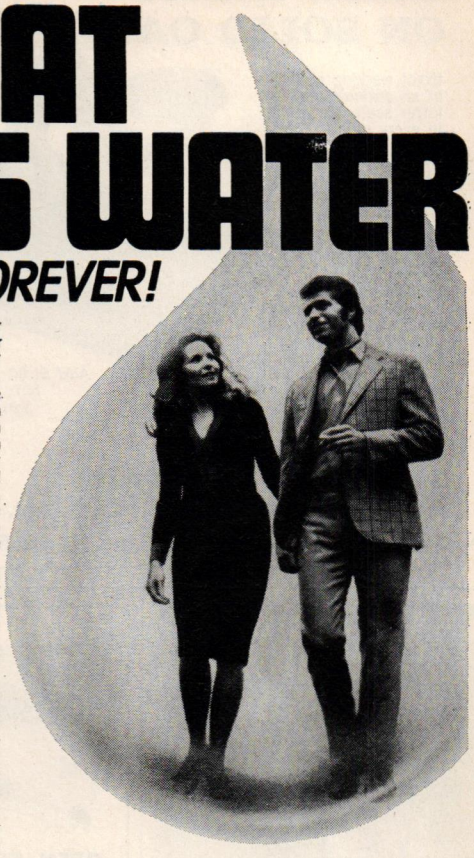
Rap-up

Your confidants shouldn't be expected to tell you what to do, but only to help you arrive at your own decisions. To a great extent, he or she will serve as a sounding board against which you bounce your ideas, hear your inner thoughts. In the process, confusion disperses. Talking out, then, is a miraculous, natural, healing process. ■

Now! Amazing "Pill-In-A-Plan" Actually LIQUIFIES AWAY Pounds...

TURNS UGLY FAT INTO HARMLESS WATER

And FLOWS It Right Out Of Your Body—FOREVER!



It's true! Now — without risking a single penny — **IN ONE WEEKEND** you lose up to 6 pounds of ugly fat and fluid! **IN 14 SHORT DAYS** — up to 12 pounds of excess weight **flows** right out of your thighs, hips, stomach, shoulders, face and neck — yes, all over your body! **IN EXACTLY THOSE SAME 2 ASTOUNDING WEEKS** — inches of flab that you can actually feel and measure — gallop right off your waistline!

But this is just the beginning! Because then — thanks to this amazing ACTIVE reducing agent that actually helps your body **oxidize** fat . . . **burn** it up . . . **liquify** fat and flow it right out of your life by automatically and almost instantly WATER-LOCKING ravenous hunger pangs right out of your body — you will effortlessly eat less and go on to lose 20 . . . 30 . . . 40 pounds of ugly fat from every corner of your body — AND **KEEP** THAT FAT OFF YOUR BODY — FOREVER!

Yes! And best of all, as long as you faithfully and happily follow this road, you will accomplish all this without starvation diets, without a single ravenously hungry moment, without even giving up reasonable and enjoyable portions of the foods you love!

Of course it sounds too good to be true! But the principles behind this thrilling PERMANENT REDUCING PLAN have been confirmed by doctors all over the world. And now the very same method reported in medical journal after medical journal — is released to you through this announcement — to help you get rid of ugly excess fat faster, easier, and safer than you have ever dreamed possible!

You MUST be happy with the fantastic results — OR IT DOESN'T COST YOU A PENNY! You have nothing to lose but ugly fat. Read these thrilling facts! Prove it yourself — in 14 astounding days — OR PAY NOTHING!

Stop Punishing Yourself! Here's Why Those Pounds Never Stayed Off!

Let's start this way. You probably tried time and again to accomplish the job of reducing — BY YOURSELF! You spent week after week of torture. You pushed away the foods you love. And finally, if you could bear the punishment, you squeezed off 3, 5, or even 10 stubborn pounds. **And then your willpower snapped!** You stopped your brutal diet. Your fat dripped back — **heavier, and uglier, and more dangerous than ever before!**

AN ENTIRELY NEW KIND OF REDUCING AGENT WAS NEEDED BY YOU! An ACTIVE agent that would help conquer ugly fat at its source — **OVEREATING!** What simply had to be found was a **Natural** ingredient that would help YOUR BODY'S OWN **NATURAL** PROCESSES burn up and **liquify** that fat — quickly, easily, and safely. A Natural ingredient synthesized and automatically tied to a Permanent Plan that would once and forever hurdle the Final Two Barriers to Lifetime Slimness: firstly, by **shielding** the human body against the root cause of your present fat buildup — OVEREATING — and secondly, by LOCKING OUT **future** fat buildup — THE **RETURN** OF THAT RUNAWAY APPETITE — for the rest of your entire adult life! Actually keep those 20 . . . 30 . . . 40 pounds of extra fat from ever piling up on your body again — **EVER!**

Now! Nature Succeeds Where You Have Always Failed!

Researchers hunted for such a reducing agent for years. Then it was found — innocently hiding in the cell walls of ALL PRECIOUS PLANT LIFE! An amazing Natural ingredient called Cellulose — that actually possessed astounding **WATER-BINDING** qualities! Immediately, doctors know that a **whole new world** had opened up to reducing science. Because here at last was the magic ingredient that would — by automatically eliminating the desire to overeat — inevitably let your body NATURALLY turn ugly fat into harmless water — and then FLOW THAT LIQUID FAT RIGHT OUT OF YOUR BODY! Now for the first time in your life, you could watch inch after inch and pound after pound of fluid fat drip right out of your body like water dripping out of a tap — WITHOUT TORTURE — WITHOUT SLIDING BACK!

Let me explain. Your own doctor will tell you that the fat inside your body is distributed, in massive globs, in FAT STORAGE POCKETS underneath your skin. You can touch these pockets yourself — at your waistline, on your stomach, your thighs, behind your hips, on your shoulders, chest and chin — disfiguring your entire body!

And if you honestly want to reduce all over your body, then you have to attack all of these fat pockets **at the same time!** You have to **drain** the ugly fat out of those pockets . . . into your blood stream . . . so it can be burned up and **LIQUIFIED** inside your body.

And — now — this is exactly what **WATER-BINDING** Cellulose helps your body do! It actually helps **LIQUIFY** that fat every minute of the day. While you sleep. While you eat. While you play. It helps turn that solid fat into liquid inside your body . . . it helps your body melt down ugly fat into harmless water . . . and then it helps flow that water right out of your body — FOREVER!

Think of it! Because of its natural **WATER-BINDING** qualities, this Wonder Worker duplicated from Nature's Plant Garden — when taken with a glass of water just as naturally as washing down your daily vitamin pill with water — actually BINDS AND BLENDS with that water to give your stomach a feeling of almost impossible-to-believe satisfaction! That's why **WATER-BINDING** Cellulose now is used wherever the special need exists to provide overweight men and women with APPETITE SATISFACTION WITHOUT CALORIES . . . wherever the special need exists to CONQUER RUNAWAY HUNGER — FOREVER!

Yes! No wonder **WATER-BINDING** Cellulose is now used by the Diet **Drinks** Industry to add the "feeling" of body to those drinks WITHOUT ADDING CALORIES! By the Diet **Foods** Industry because it binds with the moisture in those foods to give you an incomparable "feeling" of FULLNESS AND SATISFACTION — WITHOUT CALORIES! By the **Bread** Industry because it binds with the moisture in those loaves to increase the "feeling" of volume in those breads — WITHOUT ADDING MORE FATTENING DOUGH — WITHOUT ADDING CALORIES!

Lose Up to 20, 30, Even 40 Pounds — FOREVER!

It's true! Reducing results should be fantastic. You will NOT give up on the foods you love — you will only have that amazing satisfied feeling that lets you **simply and naturally cut down on them.** You will NOT be on a starvation diet — and obviously, you will never experience a single moment of ravenous hunger!

While you are feasting on perfectly reasonable portions of mouth-watering steaks, thick juicy slices of roast beef, potatoes, butter and bread — you should lose inch after inch of fat from your waist, thighs, hips — all over your body! Clothes you had given up on forever, should begin to come out of closets again!

Yes! IN ONE WEEKEND you will lose up to 6 pounds of ugly fat and fluid! IN 14 SHORT DAYS — up to 12 pounds of excess weight **flows** right out of your thighs, hips, stomach, shoulders, face and neck — yes, all over your body! IN EXACTLY THOSE SAME 2 ASTOUNDING WEEKS — inches of flab that you can actually feel and measure — gallop right off your waistline! And then you will go on from there to lose 20 . . . 30 . . . 40 pounds of extra fat from every corner of your body — AND KEEP THAT FAT OFF FOREVER! Because from now on, for as long as you faithfully and happily follow this road, you have an active, natural, fat-fighter automatically tied to a foolproof Lifetime Plan that, together, will actually help keep that ugly fat from forming on your body ever again! Actually keep it off — FOR THE REST OF YOUR ENTIRE ADULT LIFE!

Prove It Yourself For 14 Amazing Days — Entirely At Our Risk!

Yes! Now this same proven PERMANENT REDUCING PLAN is yours to try, in your own home, without risking a penny! It must flow ugly excess fat right out of your body, before your very own eyes, in the first 14 days alone — OR EVERY PENNY OF YOUR PURCHASE PRICE BACK (less postage & handling)!

Remember, this is not guesswork, conjecture, or exaggeration. IT IS REPORTED MEDICAL OPINION! The principles behind thrilling PRP have been praised by doctors in leading medical journals all over the world.

The price is only $6.95 for 75 tablets, or a full two-weeks supply. Or, if you wish, you may order the wonder-working 100-tablet or 150-tablet supply — and save surprising amounts of money! With the same money-back guarantee, of course.

You have nothing to lose — but ugly weight. The first 14 days alone MUST give you the reducing results you have prayed for, for years, or your money back. Mail the No-Risk Coupon, TODAY!

VITAL ANNOUNCEMENT!

Read this notice — clip it out — don't lose it! It probably is the most thrilling vote of confidence for a Reducing Breakthrough that you will ever read!

It reminds you — no, it actually INSISTS — that you do not let your happiness run away with your common-sense! Even though PRP automatically, safely, and easily WATER-LOCKS runaway appetite right out of your life — you must not stop eating at least two nutritious meals a day. That's why you get a beautifully balanced and calorically nutritious Plan with this thrilling product.

Remember. We confidently invite you to discuss PRP "Pill-In-A-Plan" with your very own doctor. See if he doesn't agree that here, at last, is the amazingly foolproof way to turn ugly fat into harmless water — AND FLOW IT RIGHT OUT OF YOUR BODY, FOREVER!

Prove it yourself — in 14 amazing days. Mail the No-Risk Coupon, **now!**

IN 14 SHORT DAYS ALL YOU LOSE IS WEIGHT . . . WEIGHT . . . WEIGHT!

Yes! Read this section carefully. If you are perfectly honest, you will admit to yourself that this simply has to be the most thrilling reducing guarantee you have ever read!

(1): IN ONE WEEKEND — you must lose up to 6 pounds of ugly fat and fluid . . .

(2): IN 14 SHORT DAYS — you must lose up to 12 pounds of excess weight from every part of your body — thighs, hips, stomach, shoulders, face and neck . . .

(3): IN THOSE SAME 2 WEEKS — inches of flab must gallop right off your waistline . . .

— OR you simply return the unused portion of PRP for YOUR FULL PURCHASE PRICE BACK!

Do you **really** want to flow ugly fat right out of your body — forever? Now you have the way to do it. Mail No-Risk Coupon, TODAY!

© 1977 American Consumer Inc., Caroline Rd., Phila. PA 19176

MAIL NO-RISK COUPON TODAY

PERMANENT REDUCING PLAN, Dept. PRP- 27
Caroline Road, Philadelphia, PA 19176

Yes! Please rush me this amazing PRP "Pill-in-a-Plan" to help me flow excess fat right out of my body faster and easier than I ever dreamed possible. I want the offer checked below. If not delighted, I may return it within 14 days for my full purchase price back (except postage & handling).

___(#200) Full **75-Tablet** Supply only $6.95 plus 35¢ postage & handling.
___(#218) Full **100-Tablet** Supply only **$8.95** (Save $1.50) plus 50¢ postage & handling.
___(#226) Full **150-Tablet** Supply only **$11.95** (Save $2.00) plus 65¢ postage & handling.

Amount enclosed $_____. PA residents add 6% sales tax. Check or money order, no CODs please.

CHARGE IT: (check one) Exp. Date_____

☐ BankAmericard
☐ American Express
☐ Master Charge

BANK NUMBER ___ ___ ___ ___

Credit Card # _____

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Div. of American Consumer, Inc.

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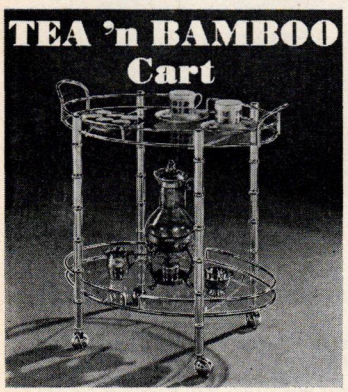


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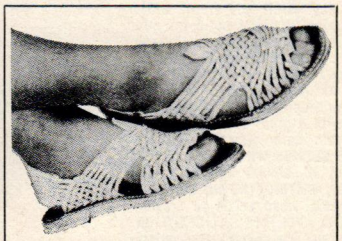
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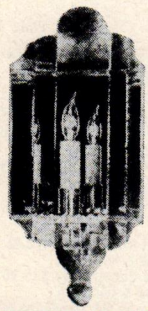


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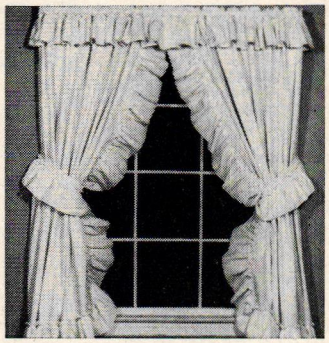
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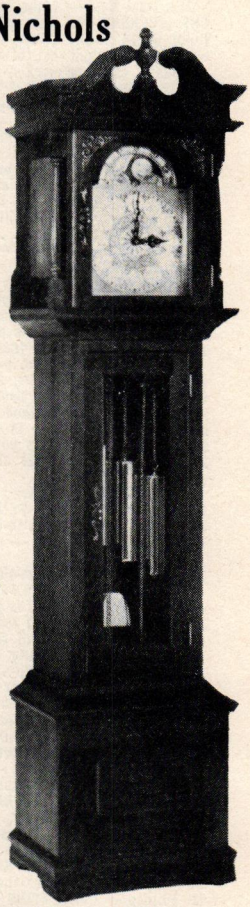
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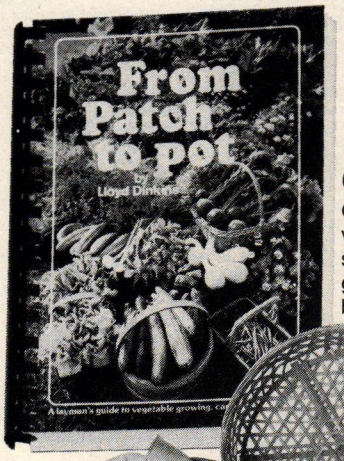
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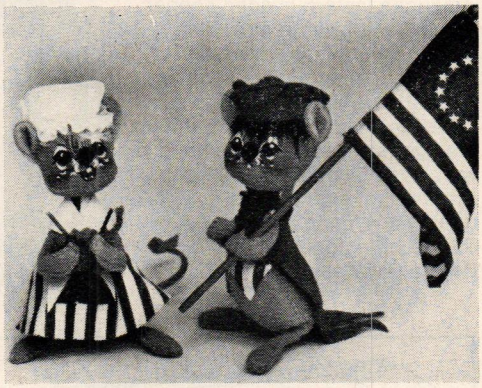
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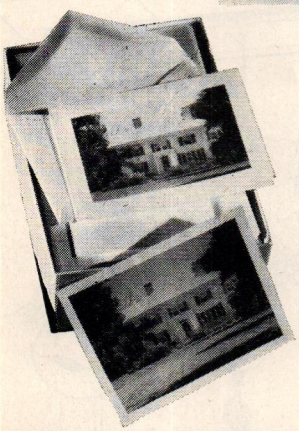
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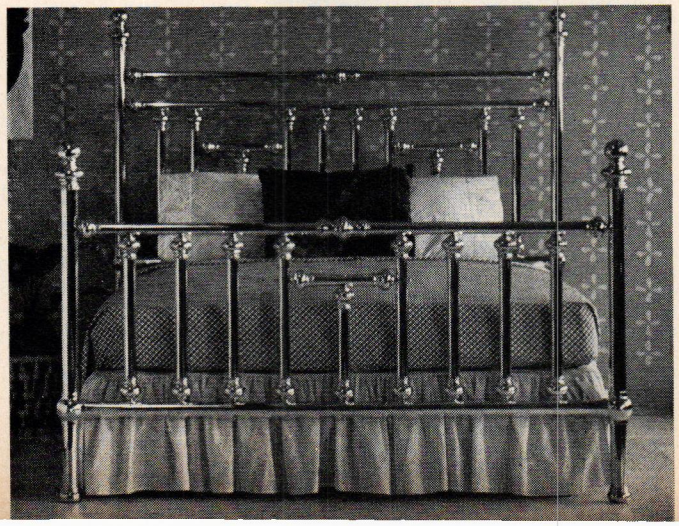
Dressed in Colonial costumes, the 7″ tall girl and boy mice are ideal centerpieces for 4th of July parties, picnics, collector's items. Handcrafted blue and grey felt, red and white striped cotton vest. Blue tricorn hat, jacket. Betsy Ross flag. $5.50 ea. plus $1.25 post., 12″ tall, $13.50 ea. plus $1.50 post. Annalee's Workshop, HG6, Box 446, Meredith, NH 03253.

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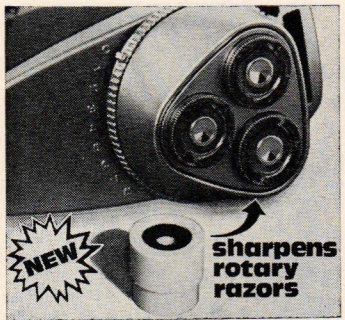
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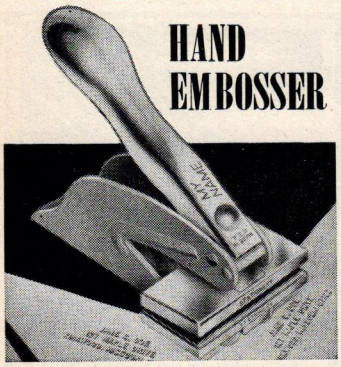
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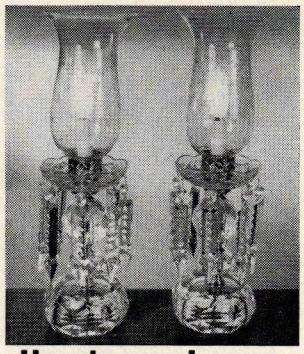
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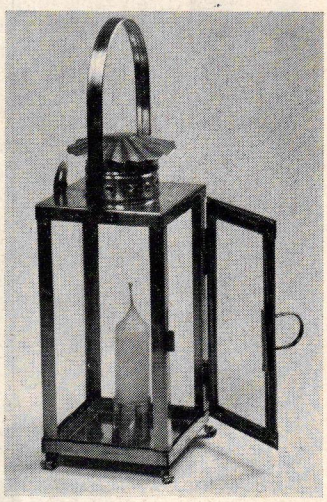
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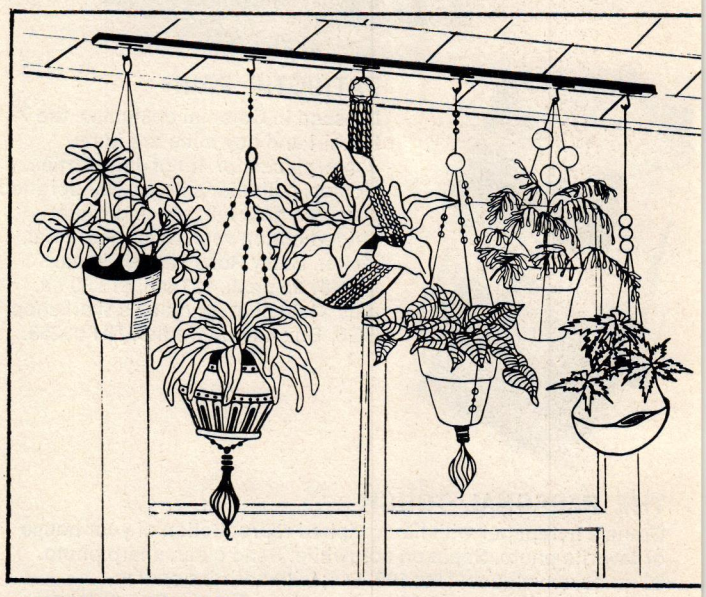
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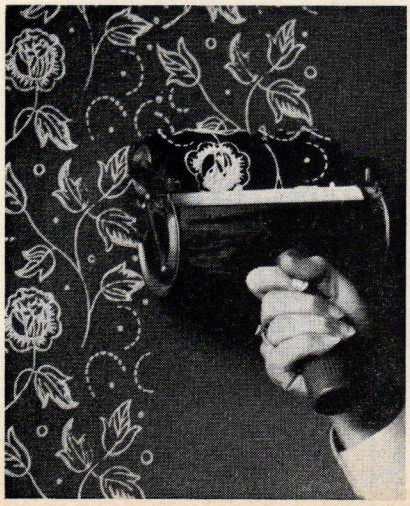
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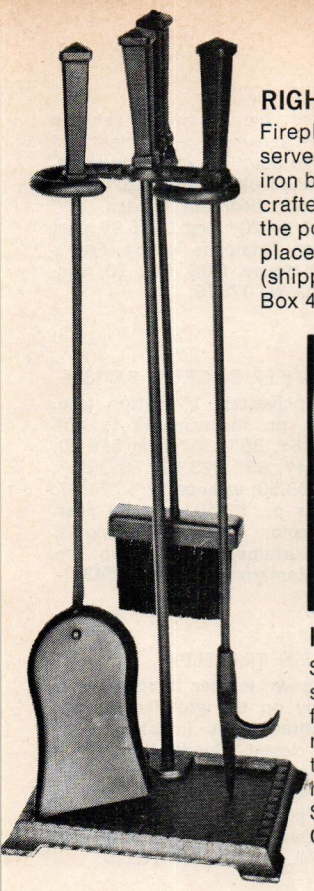
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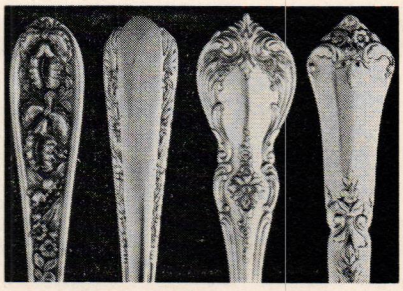
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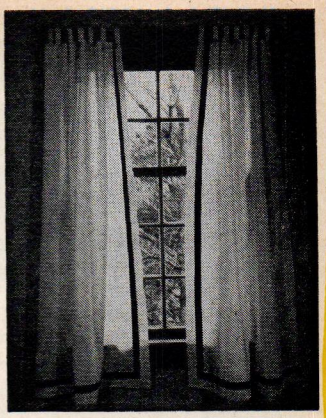
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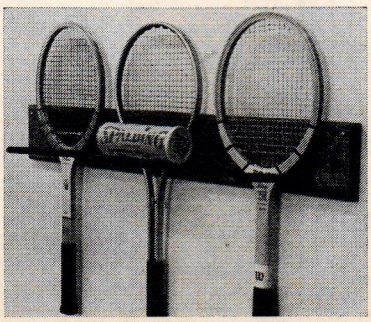
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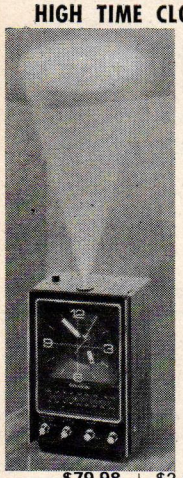
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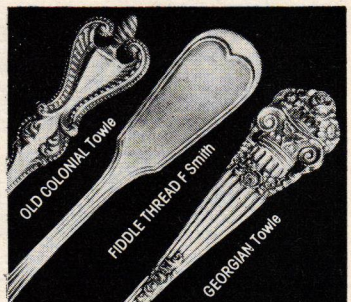


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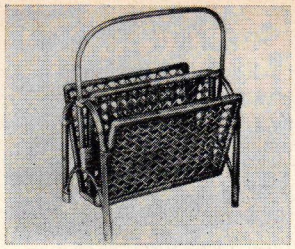
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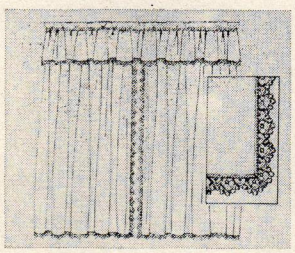
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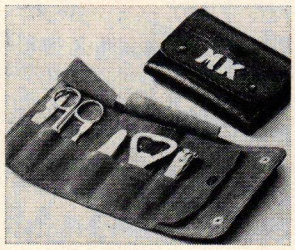
HANDY RACK

Cultured natural willow shrubs gently handwoven with plenty of space to hold lots of reading matter. Good-looking, practical in living room, bedroom or den. 12" by 14" by 20" high. $16.95 plus $3 post. Catalogue is 25¢. Fran's Basket House, HG6, Rte. 10, Succasunna, NJ 07876.



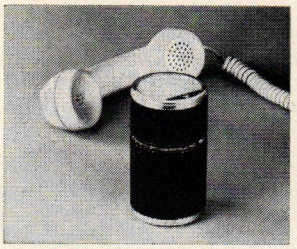
SEMI-SHEER DACRON BATISTE

White polyester, 1" cotton lace. 90" w. pr. for windows to 45" wide. 26", 30", 36" long $16.50; 45", 54", 63" $23.50; 72", 84", 90", $33.50; valance 12"x72" $7; tiebacks pr. $3.50. Add $2 post. Free color catalogue. Colonial Maid Curtains, HGC6, Lawn Terrace, Mamaroneck, NY 10543.



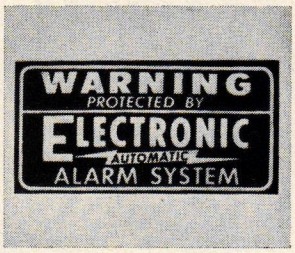
ENGLISH TRAVELER

Rich brown leather fitted case for the guy on the go. Personalized with three brass initials. 3" by 4½" closed. Suede lining; has knife, scissors, nail clipper, file, bottle opener and snap pocket. $7.98 plus 75¢ post. Lillian Vernon, Dept. G6E, 510 S. Fulton Ave., Mt. Vernon, NY 10550.



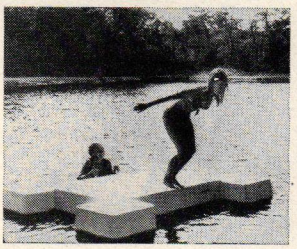
SPEAK UP

Telephone amplifier allows you to converse without holding the receiver, allows others to join the conversation. Runs on 9-volt battery (not included). Stands detached beside phone. Metal and plastic, 4⅝" high. Instructions. $12.95 ppd. Miles Kimball, 100 Bond St., Oshkosh, WI 54901.



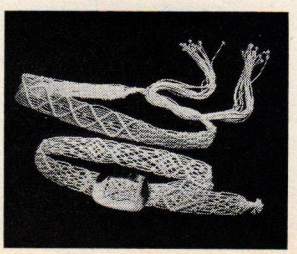
WHO'S TO KNOW

Burglars or other would-be malefactors will bypass premises having a warning decal advertising an alarm system. Self-adhesive vinyl stickers are bright yellow and green. Set of four, $1.98 plus 20¢ post. Anthony Enterprises, HG6, 556 Mission St., San Francisco, CA 94105.



PRIVATE FLOAT

Summer-fun "deck buoy". Swim to it, dive from it, sun on it. Fiberglas platform, 4' by 6', ladder, simple anchor, unsinkable foam pontoons at corners. Wgt. 100 lbs., holds 600 lbs. Easy to set up, take down. Brochure free. Northern Star Co., Dept. D, Box 188B, Colts Neck, NJ 07722.



FIT TO BE TIED

Hand knotted macrame belts in 100% natural cotton are modern classics to wear with slacks or shorts. Two-inch wide with authentic horn buckle, $6.95; two or one-inch with sash belt with fringe, $5.95. Add 50¢ post. ea. Simga Imports, HG6, Box 581, Oyster Bay, NY 11771.

HERE IS THE SUPREME ***Waist and Tummy Reducer*** SO SENSATIONAL THAT YOU CAN ACTUALLY

Relax away inches a day

WITH THE INCREDIBLE NEW

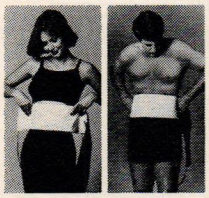
Astro-Trimmer™



GUARANTEED TO REDUCE YOUR WAIST AND ABDOMEN 4 TO 8 INCHES IN JUST 3 DAYS OR YOUR MONEY BACK!

...AND IN JUST MINUTES A DAY...WITHOUT DIETING

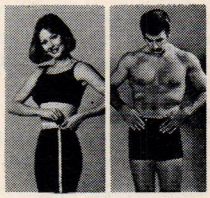
HERE IS HOW IT WORKS:



Wrap the Astro-Belt completely around your waistline, hook the Astro-Bands to any convenient door and you are ready to perform one or two of the easy-to-do Astro-Trimmer movements—just 5 to 10 minutes.



Now simply relax a few moments with your Astro-Belt in place. Your Astro-Trimmer movements have triggered the Astro-Belt's incredible inch-reducing effect which goes on working even while you relax.



After relaxing — about 15 minutes — take off your Astro-Belt. Already your waistline will be tighter and trimmer — actually measure the difference. Many users report losing 2, 3, 4 inches the very first day.

Startling discovery—the Astro-Trimmer has got to be the most sensationally effective and the most fun to use slenderizer of all time. It is a marvel of ease, comfort and efficiency—and a pure joy to use. The Astro-Trimmer's totally unique design consists of a double layered belt: a soft nonporous inner thermal liner which wraps completely around your mid-section producing a marvelous feeling of warmth and support—and a sturdy outer belt that attaches you to the super duo-stretch Astro-Bands which you hook to any convenient doorway. These duo-stretch bands enhance your slightest movements and transmit their effect—greatly magnified—directly to the inner thermal liner of the belt to produce an absolutely unequaled inch-reducing effect. In fact, for sheer inch loss, the Astro-Trimmer is supreme. Try it for yourself—at our risk—just slip on the belt, hook it up, stretch and relax with one of the easy-to-do movements in the instruction booklet and watch the inches roll off. Men and women from 17 to 70 in all degrees of physical condition are achieving sensational results from this ultimate inch-reducer. Results like these:

Cheryl Long—*"Unbelievable! Totally fantastic, yet it really happened—in just 3 days the Astro-Trimmer trimmed 3½ inches from my waist and 6⅜ inches from my tummy. I just love my slim, new shape."*

Anthony Greer—*"My waist actually came down 5 full inches in 5 days—from 38 to 33. My entire physique looks so much better and I feel so much better that I can't praise this sensational trimmer enough."*

Laurie Jensen—*"What a marvelous thing your Astro-Trimmer is: reduced my waist over 3½ inches—from 28⅛ to 24½; my tummy 5 inches—from 33¼ to 28¼—all in only 3 days. It totally transformed my figure!"*

How many excess inches can I lose with the Astro-Trimmer? How many excess inches do you have? Many users lose 1 to 2 inches from their waists and 1 to 2 inches from their abdomens the very first day. Three, four, even more inches off the waist in three days is not uncommon. Not everyone will do this. The degree of inch loss will vary with individual body response. However, this matchless body shaper melts excess inches off the waist, abdomen, hips, thighs with such amazing speed that if your waist and abdomen aren't 4 to 8 inches trimmer after using your Astro-Trimmer for just 3 days and if you don't lose these inches without dieting and in only 5 to 10 minutes a day, you may simply return your Astro-Trimmer and your money will be refunded.

No risk—no obligation—money back guarantee. So-called "waist trimmers" and reducers are now being nationally advertised for from $19.95 to $49.95. Yet the sensational new Astro-Trimmer—which trims and slims excess inches far faster, far more effectively than anything we have ever seen — is being offered for only $9.95 with a complete money back guarantee. If you are not satisfied that the Astro-Trimmer is the fastest, the most effective waist reducer you have ever used, it will not cost you a penny. So if you want a trimmer, more ideally proportioned body — right now — send for your Astro-Trimmer today.

ORDER NOW FOR A SLIMMER, TRIMMER WAISTLINE THIS WEEK

PAT. PEND

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Highway 1 and Callendar Road, Arroyo Grande, CA 93420

Astro-Trimmer™ P.O. Box 3140, Dept.HG-1, Monterey, Ca. 93940

Please send me Astro-Trimmers along with complete easy-to-use instructions. I understand that if I do not lose from 4 to 8 inches from my waist and abdomen in just 3 days I can return my Astro-Trimmer and receive my money back. **I enclose $9.95 for each Astro-Trimmer plus .90 each for postage and handling.**

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Woman: waist size Man: waist size

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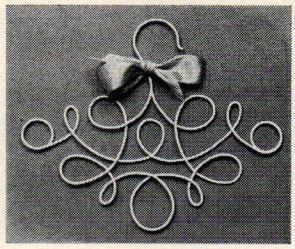
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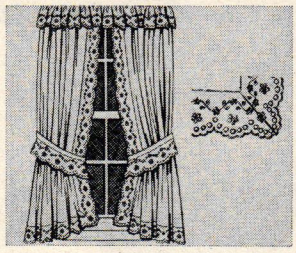
COOKING BY EAR

Marina Polvay, internationally famous cook, teaches preparation of Greek, Spanish, French, American, Southern menus plus a dieter's dinner on tape. Just slip cassette in recorder and push the button. $4.95 each cassette, plus $1 post. Earl Stock Productions, Inc., HG6, 402 E. Bay St., Savannah, GA 31401.



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No more hide-and-seek with your pretty scarves. New Pic-A-Scarf™ hanger holds eight or more with no slipping off so you can find one easily. No-rust and no-sag sculptured steel wire, off-white finish. $5.95; plus 75¢ post.; two $12 ppd. Gladys Knobel, HG6, Box 62, Hubbard Woods, IL 60093.



WINDOW DRESS-UP

Embroidered Schiffli eyelet, 3" border, white polyester/cotton. 24", 30", 36" $13.50; 45", 54", 63" $18.50; 72", 81", 90" $23.50; tiebacks $3; valance $6.50. Add $2 post. Free color catalogue. Colonial Maid Curtains, HG6, Lawn Terr., Mamaroneck, NY 10543.



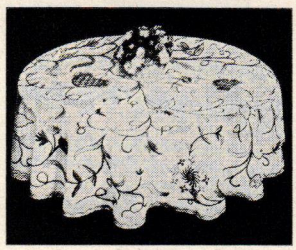
PRECIOUS SHELLS

Prized strawberry shells from faraway Madagascar and Mozambique become "jewels" for necklace and earrings. 16" gold-plated scalloped link necklace, $7.95; earrings in smaller size, 14K gold posts, $7.95. Set, $15 plus 50¢ post. On the Half-Shell, HG6, Box 80426. Atlanta, GA 30366.



RUST EATER

Brush on miracle stuff that actually "eats" rotting rust changing it to a solid new coating. One-step application. Brush included. For cars, patio furniture, boats, fences. 8 oz. bottle for 30 sq. ft. $3.98 ppd. Write to World Garden Products, Ltd., HG6, East Norwalk, CT 06855.



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Hand-worked crewel from India imparts color and elegance to a natural cotton hand-loomed round tablecloth. A beauty for a spring tea table or dinner table. 70" dia., $50.; 90", $60. Send 50¢ for catalogue and swatch. Gurian's G67, 276 Fifth Ave., New York, NY 10001.

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HANDWOVEN WILLOW



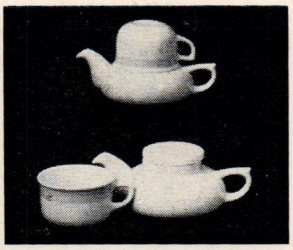
Rocker for indoors or outdoors. 26" w. by 36" h.; seat h. 16". $59.95; painted white add $10. Seat/back polyfoam zip cushions: gold floral; solids in gold, black, apple green, red, tangerine, set $16.95. Exp. coll. Catalogue 25¢. Fran's Basket House, HG6, Route 10, Succasunna, NJ 07876.

BRIDE 'N GROOM



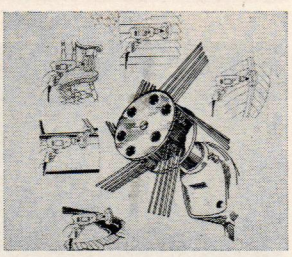
An appealing mouse pair is handcrafted of gray felt. The bride wears white dotted swiss, white net veil and bow, carries pastel nosegay. Groom is wearing white ruffled shirt with black tails. Both 7" h. Each $6 plus $1.25 post. Annalee's Workshop, HG6, Box 446HG, Meredith, NH 03253.

TEA FOR ONE



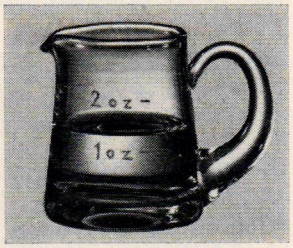
Attractive and practical set for an office or for someone living alone. Porcelain cup and teapot with cover is in all white, or white with yellow, blue or brown band trim, specify. Pleasing to look at, and very convenient. Set $10.95; two $19.95. Ppd. Seth & Jed, Dept. HG67, Great Barrington, MA 01230.

QUICK STRIP



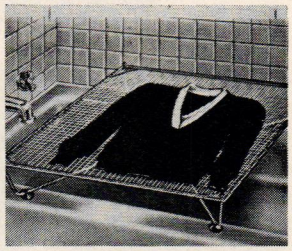
Roto stripper for ¼" drills strips off old paint and sands surface smooth in one operation. Flexible carbon steel fingers revolve at over 2,000 r.p.m.s. Safe for wood, masonry, metal. Great for rust removal. $12.95 plus $1 post. Roto Stripper, HG6, 49 Riverside Ave., Westport, CT 06880.

JIGGER PITCHER

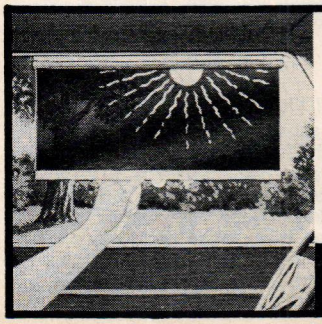


Made for measuring and just 3" high. Marked for 1-oz. and 2-oz. levels, it has the classic thick solid crystal base. Crafted in Europe for spill-free pouring. Ideal gift for the host, $2.98, 3 for $7.98 plus 50c post. Country Gourmet, G6E, 512 So. Fulton Ave., Mt. Vernon, NY 10550.

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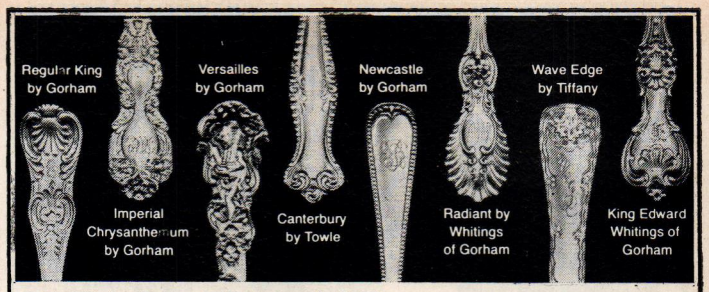
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It lets you enjoy driving without annoying glare from sun, water, snow or ice, while it reduces solar heat by 80%. Just hook it over the top of either side window. The 18×19" shade is tearproof, silvery DuPont Mylar that pulls down and is held by a vinyl suction cup.

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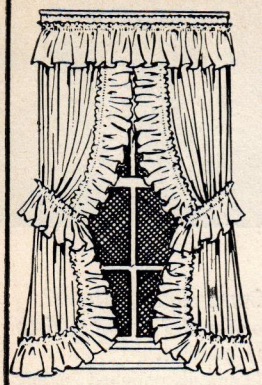
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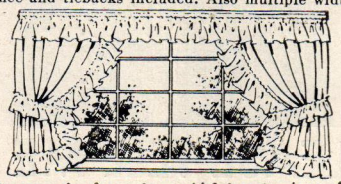
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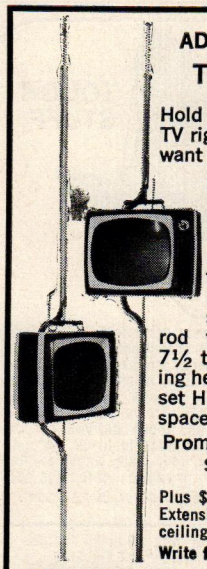
1. If you do have a coat of arms, just send us a photostat or picture of it and that is what we engrave.
2. If you do not have a coat of arms send us your name and we'll look it up for you at no extra cost, or you may check it against our list (see below).
3. If you wish you may design your own coat of arms.

SEND FOR OUR FREE COLOR CATALOGUE If, in addition to our free catalogue you wish to get our booklet containing over 20,000 names for which we have records of coats of arms and for which this jewelry is available, plus instructions on "how to design your own coat of arms". **SEND US $1.00** (deductible from first order).

Remember, this jewelry is also available with any coat of arms, or any other emblem or design you may send us.

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Hold your portable TV right where you want it without tables or stands. Takes any width, up to 14" deep, 17" high. Brass tone finish pole has spring tension rod to adjust to 7½ to 8½ ft. ceiling heights. Can be set Hi or Low. Real space saver!

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1000 RETURN ADDRESS LABELS $1.00

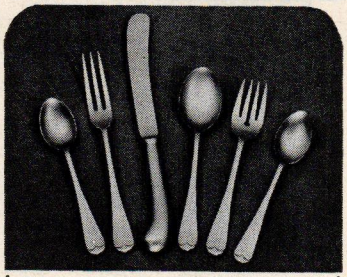
1000 gummed economy labels printed in black with any name, address and zip code up to 4 lines. **Order S717 Economy Labels, box of 1000, $1.00. Add 20¢ per set for postage & handling.**



250 TOUCH & STICK GOLD FOIL LABELS $1.98

Gleaming gold foil labels stick to any clean, dry surface—no moistening. Handsome black printing and classic border. 1" x 1¾". **Order P4010 Gold Foil Labels, roll of 250, just $1.98. Add 20¢ per set for postage & handling.** | Satisfaction Guaranteed

Walter Drake
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Colorado Springs, Colo. 80940



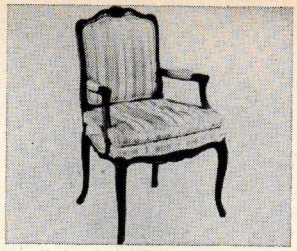
Pistol-Handled Stainless
in an heirloom tradition
Old Westbury—FULL DINNER SIZE

An exact replica of a famous old sterling pattern with impressive full dinner size graceful pistol hollow handled knives, 3 tined forks and rat-tailed spoons. In heavy weight hand forged pewter-like satin or polished stainless. Service for 8 includes 8 dinner forks, 8 dinner knives, 8 salad-dessert forks, 8 soup spoons, 16 teaspoons, plus sugar spoon, butter knife and 2 serving spoons. 52-piece service for 8 **$39.95**
78-piece service for 12 **$59.95**

We also have the competitively priced Luncheon size you have seen advertised elsewhere. Our price is only $23.95 postpaid.

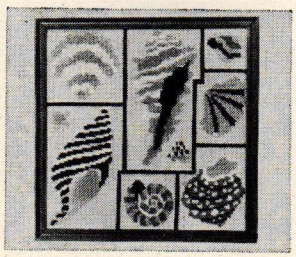
Jenifer House *Send 25¢ for new Catalog*
Dept. HG-67
GREAT BARRINGTON, MASS. 01230

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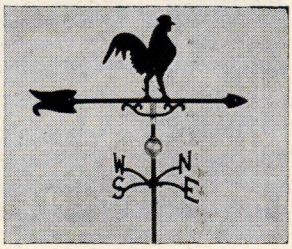
FRENCH CHARM

Fine carving and delicate lines belie Strasbourg chair's sturdiness. Imported frame in antiqued fruitwood, walnut or mahogany. Reversible cushion. 39"h by 24" w by 25"d. $264.95; your fabric $239.95. Exp. coll. Catalogue $1. Bryan Robeson, HG-188, Route 10, Box 793, Hickory, NC 28601.



SHELL COLLECTION

Shells make a stunning arrangement to needlepoint on 12 mesh canvas 10" by 10". Kit includes: design, Persian wool yarn in gold, beige, burnt orange, brown, gray, white; needle (Frame not included). $7.50 plus 60¢ post. World of Stitch 'n Knit, Dept. 85-35, Box 709, Framingham, MA 01701.



FINISHING TOUCH

Ornamental weathervane for your country home. Balanced arrow on friction-free bearing responds to slightest breeze. Arrow 23", support 24"–27". Anodized aluminum, gold ball. Screws, mounting brackets. $9.95 plus $1.50 post. J. W. Holst, HG67, 1864 E. US-23, East Tawas, MI 48730.



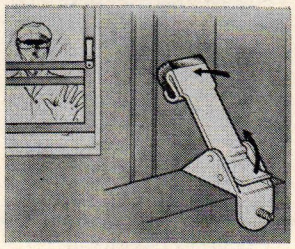
PENDANT FOR NOW

Wear a 14k gold peanut suspended on an 18" chain. Pendant is ¾" long. Makes a great conversation starter as well as a distinctive gift selection. Peanut and chain $19.95; same with 1-point diamond $26.95. Add $2 post. C&S Enterprises, Dept. HG6, P.O. Box 19604, Las Vegas, NV 89119.



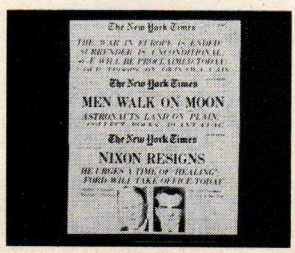
NATURAL BEAUTY

Everywhere you look and touch, it's rope for an all-over look of casual comfort. In go-with-everything natural color. Full sizes 5-10 medium. "Eve," a summer charmer, $10 plus $1.25 post. Order from G&B Trading Co., Dept. SH-2. 5629 SW 8 St., Miami, FL 33134.



PROTECTIVE DEVICE

Safety lock works on closed or open windows to keep intruders out, and children safe while maintaining usual ventilation. Affords a feeling of security whenever you're away. $1.98 plus 20¢ post. Write to Anthony Enterprises, HG6, 556 Mission St., San Francisco, CA 94105.



VIVID REMINDER

An actual copy of the front page of the New York Times can be had for any date from 1851 to today. A way to bring alive birthdays, weddings, anniversaries or other event as you read what happened that day. $3.95 plus 50¢ post. Thrift Gift Center, HG6, One East 42nd St., New York, NY 10017.

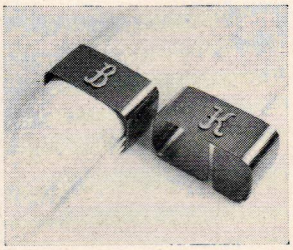
HAMILTON SCONCE

Charming old lighting fixture. Can be made in copper or solid brass; electrified or kerosene. Can be hung on wall or carried by back handle. Handmade. 11"h by 10"w. A 48-page catalogue of lighting reproductions. $1. Heritage Lanterns, HG67, Sea Meadow Lane, Yarmouth, ME 04096.



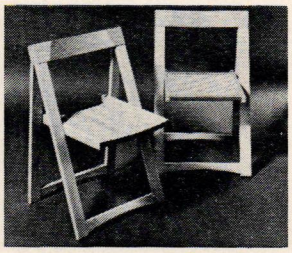
NEAT ELEGANCE

Personalized napkin rings add a special touch to table settings. They're satin-brushed stainless steel with raised gold-tone initials (print). An excellent gift idea. Size 2" by 1". Set of four $5; eight $9.50. Add 50¢ post. Abadi Imports, HG6, 303 Fifth Ave., New York, NY 10016.



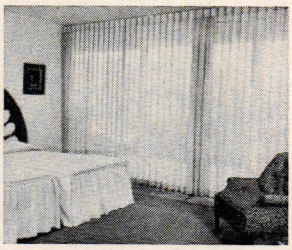
COMPACT COMFORT

Good-looking sturdy seating in butcher block chairs that fold flat to store in a small space. Wood seat, natural only, 4 for $60; cane seat, in natural or walnut finish, 4 for $76. Shipped UPS $7.50. Catalogue $1. J & D Brauner, Inc., HG6, 1735 No. Ashland Ave., Chicago, IL 60622.



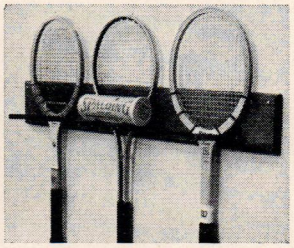
HOMESPUN TO HOME-SEW

Even inexperienced sewers can fashion seamless draperies with 96" to 120" fabrics. Many materials are pre-shrunk, machine washable. Up to 50% can be saved on purchases. Send $1.25 for brochure and swatches. Homespun Fabrics, HG6, 10115 Washington Blvd., Culver City, CA 90230.



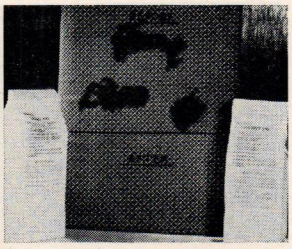
THE RACQUE

Solid pine holder takes care of your tennis racquets on wall or door. Sturdy dowels are slightly angled for security. Edges are beveled. Oak stain, semi-gloss varnish. With screws. 24" $11; 36" $12.50; unfinished $2 less. Add $1 post. Mason Products, HG6, Box 22, Wellesley, MA 02181.



OFF, OUT AND AWAY

Powder to mix with warm water, rub on carpet, let dry to vacuum away leaving carpets stainless and odor free. Great for pet stains as well as household spots. One $5 bag does five 9' by 12' rugs. Add 50¢ post. Romar Sales, Dept. RS-14E, 380 Madison Ave., New York, NY 10017.



FOR INDOOR GARDENS

Arched etagere plant stand is a complete little flower center. Has four hooks to hold hanging plants in addition to the two shelves that hold other plants and flowers. 9" by 18" by 52" h. Graceful way to brighten a room. Plants not incl. $14.95 ppd. Dandylines, HG6, Box 9591, Norfolk, VA 23505.

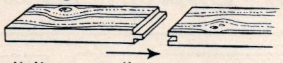


If you're about to buy a small building, our free booklet can prevent a $600 mistake.

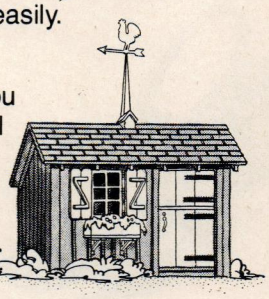
Before you sink a lot of money into that small building you have in mind, you should see our catalog. Walpole small buildings are architect-designed and built to last. The look is clean and simple. The materials are the best.

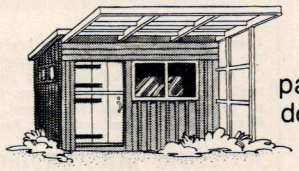


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Please rush me my FREE Walpole Catalog of Small Buildings.

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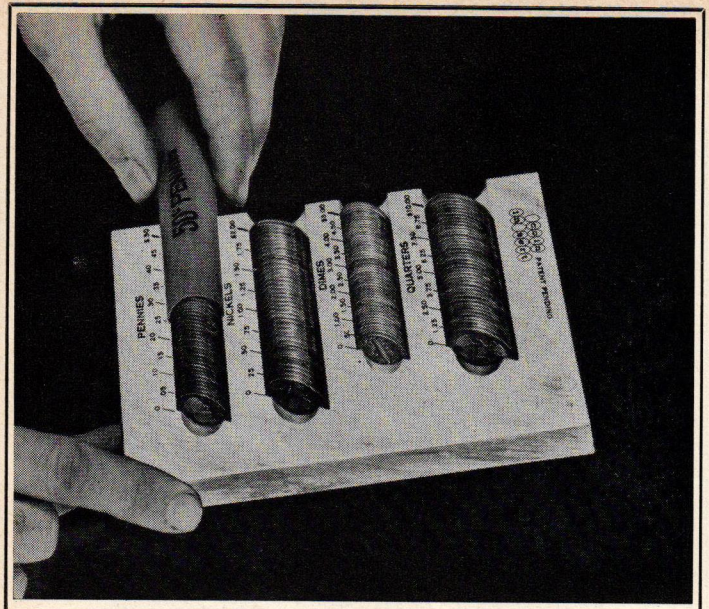
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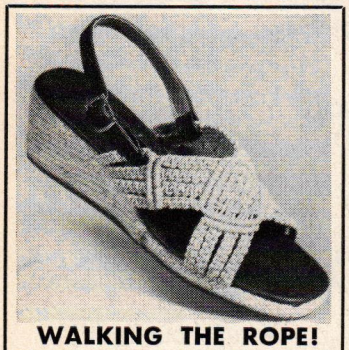
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WALKING THE ROPE!

Enjoy the pleasure of quiet walks with this lovely natural braid rope upper on a comfortable rope covered wedge. In go-with-everything natural color. Full sizes 5-10 medium. Only $12 + $1.25 postage and handling. (Sorry, no C.O.D.)

Order "LOVE" Size_____, satisf. guar.

Name_____

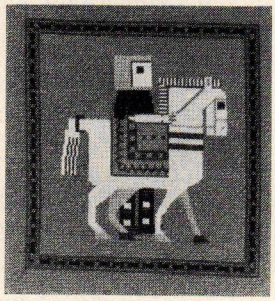
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From the Hermitage Museum in Leningrad, this horse is from a Scythian carpet, 3rd C., B.C., found deep frozen in a Siberian tomb. Browns, ivory, gold & blue. Choice of rusty or rosy red background. $35. Matching Persian tassel wool, $6., Post, $1.

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A unique collection of needlework spanning 2000 years of world art. Catalog, design & stitch tips, $1.

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• Now *YOU* can choose the face on this personalized rag doll. A joyful, brightly-colored 21" doll with hair of rainbow yarn. What fun! • In the studio of designer Baby Audrey in Soho (New York's famed Artists' Quarter) your photo of someone special is skillfully reproduced as the face of this delightfully unique keepsake • Such a marvelous gift for kids, lovers, relatives, business associates, and many, many others.

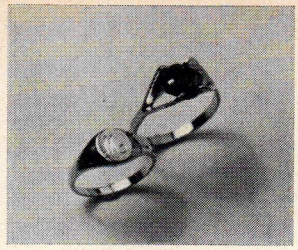
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TO ORDER: No need to write a letter. Just print name and address on back of photo(s) and include check. Send sharp, well-exposed, front face, close-up photo(s) color or b&w (returned unharmed). Pat. Pend.

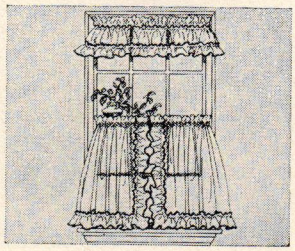
BE A DOLL, INC., Box HGA67
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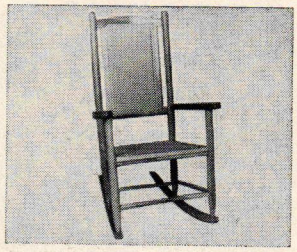
BIRTHDAY RINGS

A pair of stunning sterling silver rings are natural companions to honor a birthday. One bears a single script initial and the other a semi-precious birthstone. Send initial, month of birth and ring size. Pair, $7.95 plus 75¢ post. Romar Sales, RS-13N, 380 Madison Ave., New York, NY 10017.



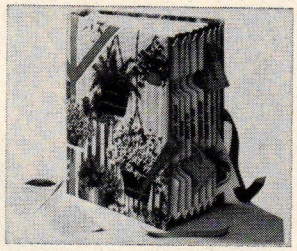
SOFT PERSPECTIVE

Sheer loveliness in long-wearing polyester, with 4½" hemstitched ruffles. Machine wash/dry on short permanent-press cycle. 96" w. pair. White. Tie-backs 45", 54", 63" l. pr. $16.50; 72", 81", 90" l. $18.50 pr. Free catalogue. Add $2 post. Country Curtains, HG61, Stockbridge, MA 01262.



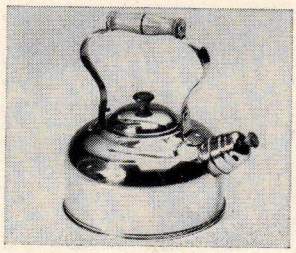
AMERICAN ROCKER

Hardwood rocker with woven cane seat and back is perfect in its simplicity. 41" h. over all. Seat 21" by 19". At the fireside, on porch, terrace or deck it offers ease. Finished in maple, pine or walnut, $34.95; unfinished, $29.95. Write for shpg. chgs. Marion Travis, HG6, Statesville, NC 28677.



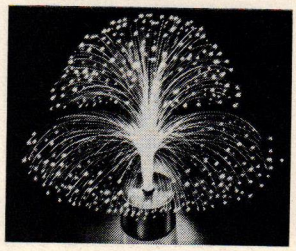
BRIGHT FOR RECIPES

Expanding file with sides adorned by flowers and ferns has eight sections with index tabs for filing recipes by category. Pop in a clipping or card and tie with grosgrain ribbons. Size 8" by 10", multi hues, $6.98 plus 60¢ post. The Country Gourmet, G6E, 512 S. Fulton Ave., Mt. Vernon, NY 10550.



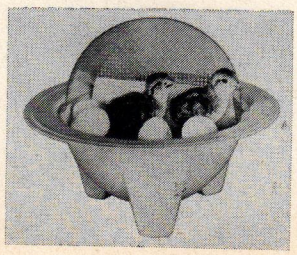
COPPER KETTLE

A sparkling tea kettle that whistles while it works. Heat-proof bakelite handle, entirely nickel lined. Large cover for easy filling and draining 2-qt. cap. $19.95 plus 50¢ post. Write to Colonial Garden Kitchens. HGFE-1, 270 W. Merrick Rd., Valley Stream, NY 11582.



CASCADES OF LIGHT

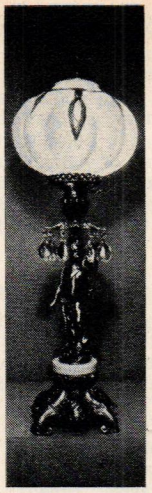
Fountain with branches tipped with pinpoints of red, green and gold light is dazzler on dining table or in picture window. 14" h. by 15" w. Plugs in like lamp, remains cool to touch. UL approved. $5.95 plus 75¢ post. American Consumer, Dept. FIL-66, Philadelphia, PA 19176.



FARM'S FORUM

Clear plastic dome lets you see nature's way of opening quail eggs to produce babies. Incubator operates on 110 volt electricity, is 6" h., 7" dia. $6.98 with five eggs; without eggs, $5.25. Ppd. Catalogue, 25¢. Write to G. Q. F. Mfg. Co., Dept. CG, Box 8152, Savannah, GA 31402.

OPULENT LIGHTING



An Aurora globe, 11", with raised detailing tops a Rogers gold cupid encircled with imported handcut crystal. For 3-way lighting. A 33" column of elegance. $79.95. Shpg chgs. coll. Send 25¢ for a catalogue. Luigi Crystal, HG6, 7332 Frankford Ave., Philadelphia, PA 19136.

FEATHERY GRASS PLUMES



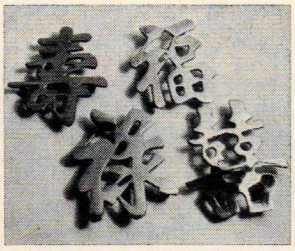
Giant plump tropical plumes are 5 ft. tall and look splendid in a ceramic jug or antique umbrella stand in today's homes. Natural earthy tones. 15 for $10; 25 for $14.95; custom dyed add $4. (Specify color). Post $2 for 15; $3 for 25. Tropical Plant Institute HG6, Box 21496, Ft. Lauderdale, FL 33335.

SURE FOOTING



Rubber bathing shoes with thick treaded bottoms, insoles. From Italy. Protect on rocks or hot sand, in showers. White, blue, red or yellow. For men blue or white. Give shoe size, width; man or woman. Child age. $7.98 plus $1.50 post. Dorsay, HG62, 240 Kinderkamack Rd., Oradell, NJ 07649.

BRASS QUARTET



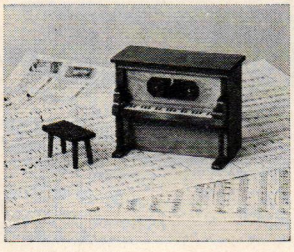
Four footed trivets of solid brass play a symphony of good fortune in Chinese characters. Choose from long life; double happiness; good luck; prosperity. Approx. 4½" sq. Rings for hanging. Set of four, $7 ppd. Write to: A. C. Gifts, HG 6, 2642 Central Ave., Yonkers, NY 10710.

FURNITURE BUYS



Classic contoured sofa, #630, from a collection of finely made upholstered pieces by National. Color catalogue (designer fabrics by yd. available) $2. Also 178-page catalogue nationally-advertised furniture, $5. National Furniture and Fabric Sales, Inc., HG6, Box 2314, High Point, NC 27261.

FOND MEMORIES



Oldtime miniature player piano is a nostalgic reminder of days gone by. Wooden music box, 4" by 5", has sliding panel doors and rotating musical cylinders, also matching bench. Cranks out tune "The Entertainer". $9.99 plus $1 post. Holiday Gifts, Dept. 306-7C, Wheat Ridge, CO 80036.

STORAGE POCKETS



High-impact styrene units with no sharp edges are perfect for holding toys at end of crib. Or mount them on doors or walls in the nursery, hobby room, kitchen or den. 24" by 8" by 4". White. $5.25; three $15. Add $1.75 post. Models, Dept. HG6, 114 Marine St., Farmingdale, NY 11735.

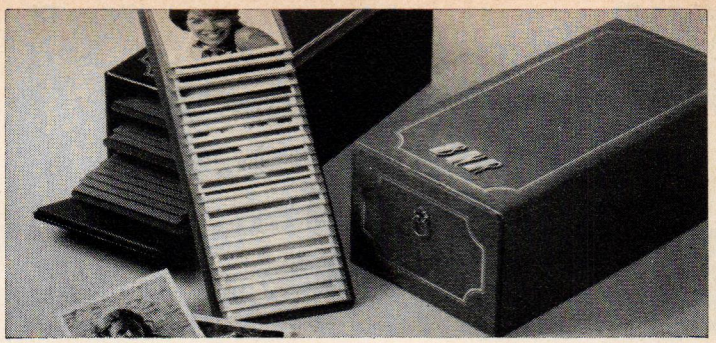


PHOTO CHEST makes albums obsolete! $12.98

Makes photos easier to show, easier to stow—protects them from light, dust, fingerprints. No corners, no glue, no mess—photos slip into crystal-clear pockets, slip out any time to change or rearrange. 4 individual trays slide out to pass around, pockets flip up for viewing. Leather-look vinyl is richly gold-tooled, personalized with solid brass initials—looks elegant on table or shelf. And stackable, for saving space! American-made by famed Holson.

Each 12" long, 3¾" high, holds 200. PRINT initials.

For photos up to 3½x3½":
2865 Antique White
2866 Antique Brown

For photos up to 3½x5":
2867 Antique White
2868 Antique Brown

Each $12.98; 2 for $24.98

LILLIAN VERNON Dept. G65
510 S. Fulton Avenue, Mt. Vernon, NY 10550

Add 75¢ post. & hdlg.
NY residents add taxes
Satisfaction guaranteed

How to Housebreak Your Pet



No more stained carpets. When dog scents chemically-odorized mat, instinct says, "Here's the spot." No fuss or bother. Mats are disposable; both pole and 18" square holder are washable. Kennel-tested. Satisfaction or money back.

Holder & 2-mo. supply of mats. 6.55
Holder & 6-mo. supply of mats. 8.55
Attachable 12" pole for male. . . . . add 1.00
Enclose 1.20 shipping

G & G RESEARCH
Box 12274-44 Dallas, Tex 75225



The Elegance of Satin... ...the Ease of Nylon

Brenna Mills, **the original** lace trimmed and plain knitted satin sheets are made from **the highest grade Dupont Antron® III** 100% nylon (beware of low-grade imitations). Unlike acetate-satin sheets, they are seamless, machine washable & dryable, anti-static, cling and lint free and require no ironing! Brenna Mills low mill-direct prices include shipping, top sheet(s), 2 matching pillow cases, **and** fitted bottom sheet(s). Specify white, blue, green, biege, bronze, pink, yellow, red, black, apricot, burnt orange, dark brown, or navy. Prices are for lace trimmed. Deduct 50c per set for plain.

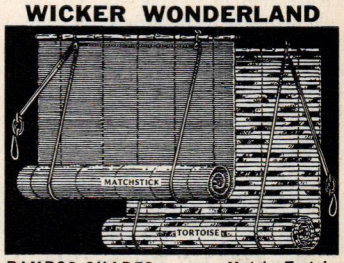
Twin Set	22.50	Pillow Shams Standard	8.00 ea.
Double Set	23.50	King	9.00 ea.
Queen Set	27.50		
King Set	32.50	Twin	17.50
Round Set 84"	44.00	Dust Ruffles Double	19.50
96"	48.00	Queen	22.00
Waterbed Set	48.00	King	26.00

Matching plush dacron-filled comforters with the same easy-care features are also available:
Twin 39.00 Double/Queen 49.00 King 59.00

To order send money order (for immediate shipment) or check to:

Brenna Mills Dept. HG6
16168 Beach Blvd. Suite 251 Huntington Beach, CA 92647
California residents add 6% sales tax.

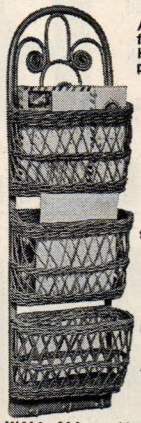
WICKER WONDERLAND



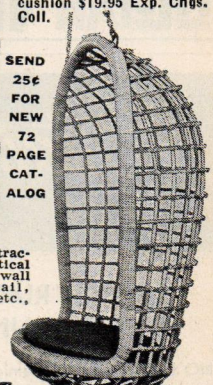
BAMBOO SHADES Bamboo roll up shades in natural Matchstick or Tortoise shell (burned ½" wide bamboo slats). Perennially popular; handmade in Taiwan with heavy duty cord locking device.	Sizes	Match-stick	Tortoise Shell
	24"x72"	$ 4.50	$ 7.50
	30"x72"	5.50	8.50
	36"x72"	6.50	10.50
	42"x72"	8.50	11.50
	48"x72"	9.50	13.50
	60"x72"	11.50	16.50
	72"x72"	13.50	19.50
	84"x72"	19.50	26.50

add $1.00 postage per shade

RATTAN SWING
A perfect seat to cradle and float in relaxing comfort. Hangs anywhere . . . near a patio, pool, game room, den, porch or from a tree, 41" high, 28" wide by 23" deep, $64.95. Corduroy puff cushion in black, gold, avco or tang., $7.95. DOUBLE SWING (not shown) 49" x 45", $119.95 cushion $19.95 Exp. Chgs. Coll.



SEND 25¢ FOR NEW 72 PAGE CATALOG



WALL ALL — Attractive and practical compartmented wall rack keeps mail, notes, recipes, etc., at your fingertips. Handwoven of natural rattan, 7" x 18", $6.95 plus $1.00 postage.

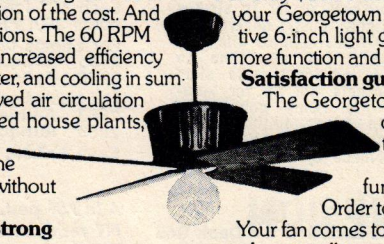


$18.95 plus $2.00 postage

RATTAN SWAG LAMP
Handwoven fully electrified with dimmer switch, adjustable height from ceiling. 14" spread 11" high with 18 ft. rattan chain and hooks for hanging included. Painted white, yellow or green add $3.00. Use up to 150 watt bulb.

Fran's BASKET HOUSE
Route 10, Dept. HG6, Succasunna, N.J. 07876

The brand new, old-fashioned ceiling fan. $59.95



We took $100 off the price.
The wonderful old ceiling fan has returned. At a fraction of the cost. And with new innovations. The 60 RPM speed provides increased efficiency of heating in winter, and cooling in summer. Plus improved air circulation for your treasured house plants, with the gentle air movement. The result: efficiency without distraction.

Light-weight, strong and beautiful.
The Georgetown Ceiling Fan is authentically crafted of durable—yet surprisingly light—resin materials, for both beauty and strength. You won't have to worry about mounting it on heavy support beams. The rich wood-grain blades span a full 44" in diameter. Drop from ceiling to bottom of fan is 12" with custom lengths available on request.

Add a light globe, too.
For only $14.95 more, you can have your Georgetown Fan with a distinctive 6-inch light globe, to add even more function and beauty.

Satisfaction guaranteed.
The Georgetown Ceiling Fan is completely guaranteed. If not satisfied, return for full refund, within 14 days. Order today.

Your fan comes to you complete and ready to install, as easily as any light fixture. Specify Walnut or Oak finish for woodgrain blades. Or solid decorator colors: Yellow or White. Send check or money order for $59.95 for each fan; $74.90 with light globe. Add $7 shipping and handling in cont. U.S. Or charge to your Master Charge or Bank Americard. (Be sure to include account number and expiration date.)

GEORGETOWN FAN COMPANY

Box 2128-HG, Denver, Colorado 80201. Phone: 303-892-6080

monogram your wall!

One initial, two, three—a whole name! Hand-carved of solid kiln-dried wood, like you've seen in that famous TV apartment. Each about 6¾" high, smart burnt-grain look finish.
9284 Letters. Each $1.98
Save—3 for $5.75



Add 60¢ post. & hdlg., NY res. add taxes

LILLIAN VERNON Dept. G61
510 S. Fulton Ave., Mt. Vernon, NY 10550

pet stains?

CARPETS RUINED BY PET STAINS?

NO LONGER! Two chemical miracles PERMANENTLY REMOVE pet stains OR odors from carpets safely . . . **for pennies compared to carpet replacement.** ORDER: (#1. URINE-OUT . . . removes even years old oxidized pet stains ONLY $6.95). OR: for odors only, (#2. KILODR, also ONLY $6.95) Add $1.50 for handling. SATISFACTION OR MONEY BACK. SHIPPED BY UNITED PARCEL.

CLEANCRAFT, Dept. K 7
127 Church St. Peru, Ill. 61354

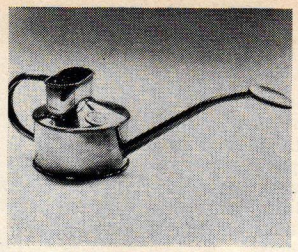


PATCHWORK CRIB QUILTS
Handcrafted for Heirloom Quality

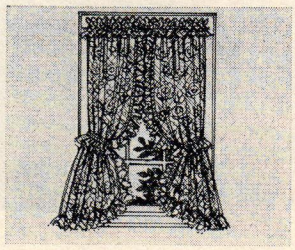
All-time-favorite patchwork crib sets handcrafted from squares of pastel blue, pink, green and yellow gingham. White eyelet lace trim. 100% polyester batting. Gingham backing. Machine washable. **Quilt,** $39.95 ppd. **Pillow,** $8.95 ppd. **Matching bib,** $5.95 ppd. **Save $10** by ordering set (quilt, pillow, bib), $44.85 ppd. **Color brochure,** $1.00 (includes $2 credit slip). Send check and order to:

Cracraft Box 27567 (Dept. HG-57) Atlanta, Georgia 30327

Georgia residents add sales tax.



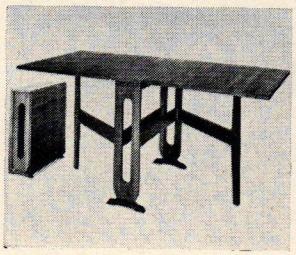
COPPER REFRESHER
Superbly balanced watering pot from England is made of gleaming solid copper with long spout and brass rose with hundreds of pinpoint holes to deliver a gentle spray of water. One pint, $12.95; one quart. $15.95 Ppd. Foster-Hyatt, HG6, 1083 Bloomfield Ave., W. Caldwell, NJ 07066.



FLIGHTS OF RUFFLES
Polyester lace curtains with tie-backs and attached valance. "Elizabeth" available in white or eggshell. 86" wide. 45", $12 a pr.; 54", $13.50; 63", $15; 72", $16.50; 81", $18. White or eggshell. Add $2 post. per pair. Free catalogue. Curtain Corner, HG6, Paradise Green, Stratford, CT 06497.



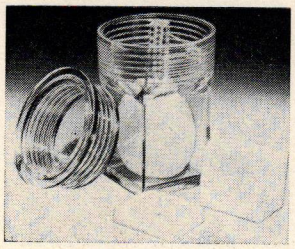
GEODESIC DOME
Hinged double door, California redwood frame, 15′ dia. Factory-assembled triangles, clear acrylic fiberglas panels locked in place. Just bolt units together. $649.95 exp. coll. Catalogue is free. Peter Reimuller—the Greenhouseman, Dept. 11FP, 980 17th Ave., Santa Cruz, CA 95062.



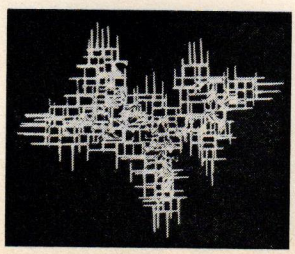
TO HAVE AND TO FOLD
Space saving table made in Europe. Solid beechwood with oiled walnut veneer. Closed, 9" by 30"; one side up, 37" by 30"; fully opened, 65" by 30", it seats eight. 30" h. $69.95. Exp. coll. Assembled. Send 50¢ for Danish catalogue. Genada Imports, HG6, Box 204, Teaneck, NJ 07666.



GET IT TOGETHER
For the jigsaw puzzle fan! Any photo, color or black and white, can be made into an 8" by 10" die-cut jigsaw photopuzzle; your photo is returned unharmed. Black and white or colored, $3.95; plus 50¢ post. Write to Cadlyn's, HG6, 10250 N. 19th Ave., Phoenix, AZ 85021.



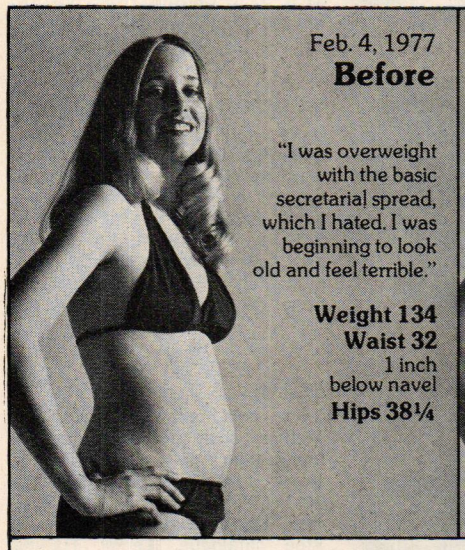
SQUARE EGG MAKER
A hen can't but you can produce square eggs. Put hard-boiled egg in chamber, turn top down, then release bottom plate. That's it. Fit sliced egg canapes on square crackers, or create a new salad. Acrylic. $4.95 plus 55¢ post. Poor Richard's Farms, HG67, Box 63-0156, Ojus, FL 33163.



DYNAMIC ARTISTRY
A new kind of three-dimensional wall sculpture. It's an original from the handcrafted collection of award-winning Max Levine, in limited editions. Of heavy gauge burnished steel, brass accents. All details in free brochure. B. Levine, HG6, 19-18 Saddle River Rd., Fair Lawn, NJ 07410.

"I lost 6 lbs., 3 waistline inches in just One Weekend!

Thanks to the incredible FIRMALOSS Plan." – Janet Paterson*



Feb. 4, 1977
Before

"I was overweight with the basic secretarial spread, which I hated. I was beginning to look old and feel terrible."

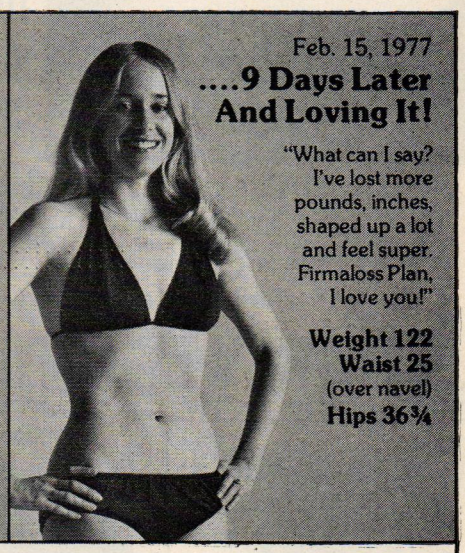
Weight 134
Waist 32
1 inch below navel
Hips 38¼



Feb. 7, 1977
...After One Weekend

"Would you believe 6 pounds, 3" off my waistline and 1¼" off my hips in just one weekend? It's true!"

Weight 128
Waist 29
1 inch below navel
Hips 37



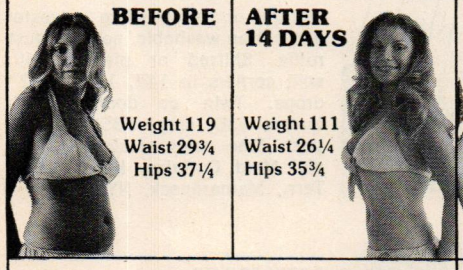
Feb. 15, 1977
....9 Days Later And Loving It!

"What can I say? I've lost more pounds, inches, shaped up a lot and feel super. Firmaloss Plan, I love you!"

Weight 122
Waist 25
(over navel)
Hips 36¾

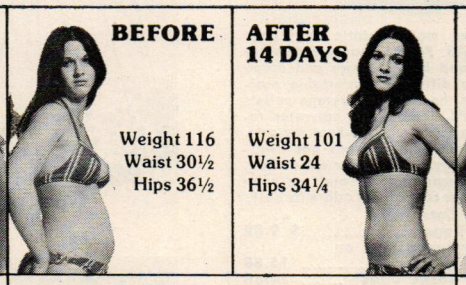
Meet more Joe Weider losers.*

They've all become winners...lost inches and pounds and firmed up all over. And they did it without our new Firmaloss Appetite Control Capsule, which makes losing weight now even easier!



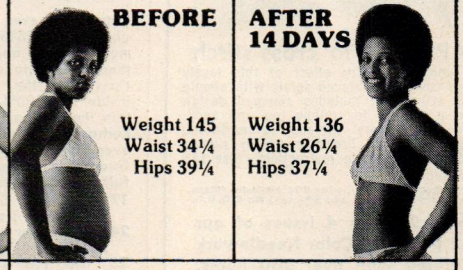
BEFORE: Weight 119, Waist 29¾, Hips 37¼
AFTER 14 DAYS: Weight 111, Waist 26¼, Hips 35¾

"I lost 10 pounds and 7⅛" off my waist in 14 days." – Pamela Benyas



BEFORE: Weight 116, Waist 30½, Hips 36½
AFTER 14 DAYS: Weight 101, Waist 24, Hips 34¼

"I lost 7 pounds, 5¾" off my waist and 1½" off my hips in only 9 days." – Linda Simon



BEFORE: Weight 145, Waist 34¼, Hips 39¼
AFTER 14 DAYS: Weight 136, Waist 26¼, Hips 37¼

"I lost 9 pounds, 8" off my waist and 2" off my hips in just 14 days." – Camela Ford

ALL PHOTOS GUARANTEED UNRETOUCHED / TEST RESULTS ON FILE

FIRMALOSS — The most honest weight loss — and control — plan in the world...because it's the most complete. It re-educates your mind and stomach to thinking small, losing pounds and inches at the same time. And it's as easy as 1, 2, 3:

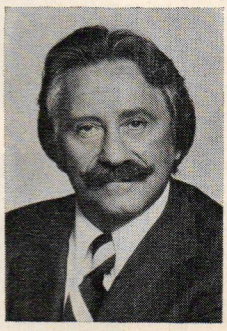
1) Take the One-A-Day Firmaloss Capsule each morning for 21 days to help control your appetite. Tiny doses of this powerful reducing aid are released all day to do away with hunger pangs. They make re-educating your stomach to think small a small problem.

2) Follow the No-Hunger Guide. And - surprise! - eat the foods you love...cake, pasta, ice cream, anything. Only 20% less. No special recipes to prepare. Eat 6 times a day with friends, family ...and still lose weight! It's all in the Guide.

3) Use the Easy-Exerciser Energizer for just 5 to 10 minutes, twice a day. It was especially developed for the overweight to help burn up calories, lose excess water, help increase energy and firm up flab while you are losing pounds and inches...with no strain, no pain.

That's all there is to a slimmer, firmer, more attractive you!

For once, do it right. Lose pounds, inches. Re-educate your mind and stomach with Joe Weider's unique, natural Firmaloss Plan...and be the slim and firm person you'd like to be. Start by mailing the coupon today.



Joe Weider says: "When overweight is due to over-eating - in just 21 days - without going hungry - you really can lose 10 to 15 pounds or more, 2 to 4" or more off your waistline and stay firm. Just follow my Firmaloss Plan, and you'll be a winner, too!"

Firmaloss PLAN Dept. HG/76Q9W
P.O. Box 711,
Los Angeles, CA 90012

Dear Joe: Send me your unique plan - where I lose pounds and inches and firm up flabby tissues as I lose weight all at the same time. I understand that if my doctor does not agree with your plan, I can return it to you before starting for a full refund.

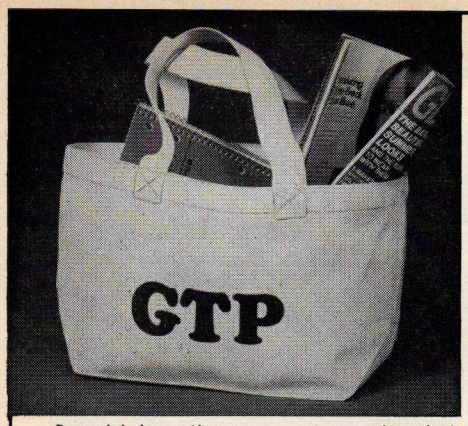
I enclose $9.98 plus $1.00 postage and handling. ___ Check ___ Money Order. (Calif. residents please add 6% sales tax.) No C.O.D.'s please.

Charge my _ BankAmericard _ Master Charge
Exp. Date_____
Account No._____
Bank No._____
Name _____
Address_____
City_____
State_____ Zip_____

IN CANADA: WEIDER INSTITUTE, 2875 BATES ROAD, MONTREAL, P.Q. H3S 1B7

***Results vary. Janet and the others pictured are only a few of our more outstanding losers.**

Another fine product by Fitness & Nutrition, Inc., Woodland Hills, CA 91365. Patented © Joe Weider 1977



PERSONALIZED TOTE-- NEW INITIALS!

Rugged beige cotton canvas goes year 'round—two great sizes for every need! Both sturdily American-made—regular tote (shown) has double-thick self handles, super tote has handles of tough webbing. 2" navy initials have a clean contemporary look—heat sealed to stay. PRINT initials.

2255 **Regular Tote.** 12x8½" high **$3.98**
2259 **Super Tote.** 19½x14" high **$6.98**

Add 60¢ postage & handling. NY residents add taxes

LILLIAN VERNON Dept. G64 510 S. Fulton Ave., Mt. Vernon, NY 10550



TAPESTRY to cross-stitch

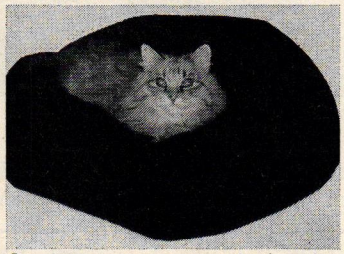
The unique tapestry effect of this lovely pillow cover is achieved solely with simple cross stitch. Kit includes stamped design on oyster linen for pillow top and back; cotton embroidery threads in earthtone shades of golds, brown and tan; zipper; needle and complete instructions. Size 14" knife edge.

$6.95 each, plus 60¢ postage. (Mass. Res. add 5% tax) No C.O.D.'s

Send 25¢ for 4 issues of our 32 page Full Color Needlework Catalog with over 500 items.

The World of Stitch 'n Knit inc.
Dept. 85-36, Box 709, Shoppers' World, Framingham, Mass. 01701

Attention: CAT OWNERS

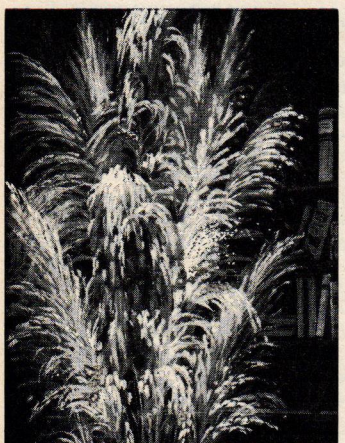


Cats seem even more ecstatic than dogs about PET-NESTS. Perhaps because cats are more flexible and burrow down and drape themselves into different comfortable positions. Also, the thousands of styrene pellets inside the 100% double-knit polyester retain the right amount of body-heat for cats. **Perhaps there are other reasons but whatever they are why not let your cat decide. Guarantee is unconditional, and we offer full refund if your cat doesn't adore its nest.**

17" dia. (for Cats or Small Toy Dogs) ..... **$ 9.88**
24" dia. (for Large Cats or Small-Medium Dogs) **15.88**
33" dia. (for Large Dogs) **24.88**

Solid Colors, Blue, Brown, Red. (Calif. Res. add 6% S. Tax.) We Pay Postage. Send Check, BofA, M/C card No.

PET NESTS, Suite D-29
2224 Old Middlefield, Mountain View, CA 94043
Tele: (415) 969-6195



GIANT TROPICAL GRASS PLUMES adored by decorators

Plump, feathery and five feet tall. You may have seen these natural earth-tone beauties elsewhere but not at this price. Bundle of fifteen is $10 plus $2 post. Custom dyeing - add $4 & color(s). Tropical Plant Institute, Box 21496, Ft. Lauderdale FL 33335

the **PERKIN'S**

SOLID REDWOOD CARVED SIGNS



we carve anything!

Great for the yard, family room, dog house, mailbox, garden markers, lawn markes, names, etc. Approx. 4" x 16". Rustic in appearance, 1" solid Redwood. Any reasonable number of letters & words accepted. Add 50% for carving on both sides. Send complete information and $2.98 plus $1.00 for handling to:

$2.98 Plus $1 each' postage

Redwood Carvers
DEPT. HG6, BOX 317
LAKE ORION, MICH. 48035
We Ship in 48 Hours



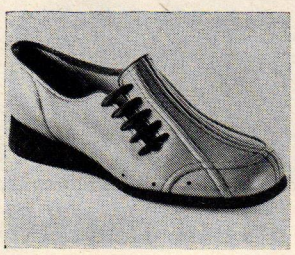
FAVORITE FUN

Swings for youngsters of every age. Both models have ropes of soft white polyester that's rot- and mildew-resistant. Solid oak 8" by 20" rectangular swing $14. Round 12" dia. swing of durable red pressboard $10. Add $1 post. each. J. R. Caffray, HG6, Box 14, Ballardvale, MA 01810.



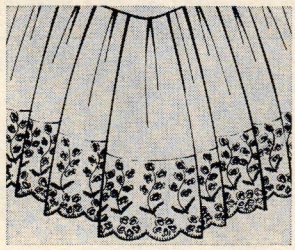
GRACEFUL SHOWCASE

Curio wall cabinet holds small treasures. Lovely pediment top, 8 teardrop turnings. Center section is glass enclosed; mirror back. All wood. Easily assembled. 20"w by 24"h by 8¼"d. $49.95 plus $5 post. Catalogue/swatches $1. Magnolia Hall, HG6, 726 Andover, Atlanta, GA 30327.



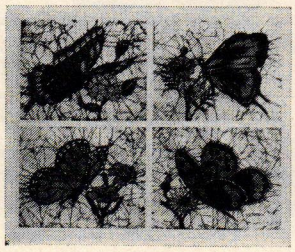
SO-LITE

Extra cool, extra roomy. Glove leather, cushioned crepe wedge, boater-type sole. Black, navy, brown, tan, white. Full, half sizes. N, M, W 5-13; XW 5-12. $19.99; over 10, $1 extra. Add $1 post. Free catalogue. Lenox Trading, HG6, 1491 Dorchester Ave., Boston, MA 02122.



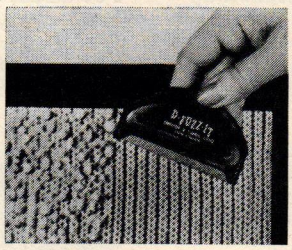
EYELET DUST RUFFLE

Natural or snowy white polyester and cotton washable, no iron, dust ruffle. Shirred or plateau with split corners in 14", 18" or 22" drops. Twin or double, $27; queen, $30; king, $35. Plus $2 post. Free color catalogue. Colonial Maid Curtains, HGD6, Lawn Terr., Mamaroneck, NY 10543.



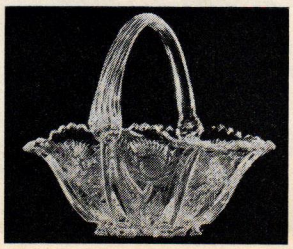
BATIK PRINTS

Four butterflies, wings spread in glorious colors, sip nectar of the abundant flowers. Finely grained 9" by 12" art paper, to mount as is, frame or decoupage. Ideal for any room, little gift. All four in set $1 plus 50¢ post. Cadlyn's, HG6, 10250 No. 19th Ave., Phoenix, AZ 85021.



KNIT VALET

Handy little comb strokes out mats, pills and balls from napped fabrics in seconds. Use it on sweaters, shawls, any knit. May be used on fabrics of man-made fibers, $1.98 plus 25¢ post. Order D-Fuzz-It from Anthony Enterprises, HG6, 556 Mission St., San Francisco, CA 94105.



AUTHENTIC COPY

Pressed-glass basket with panel thistle pattern duplicating one made over 100 years ago. Flared sides, 8¼" across; overall 8" h. Carries "bee" mark of original maker. Impressive on any table. $24.95 plus $2 post. Artisan Galleries, HG6, 2100 No. Haskell Ave., Dallas, TX 75204.

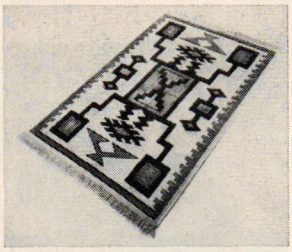
WIND CHIMES

Listen to wind song on porcelain or stoneware. Handmade pieces, strung on waxed linen. Complete kits also. Overall 36" long. In white porcelain with blue, green or yellow $40; kit $25. Earth tone stoneware $35; kit $20. Ppd. Sandcastle Crafts Corp., HG6, 2 Spencer Pl., Scarsdale, NY 10583.



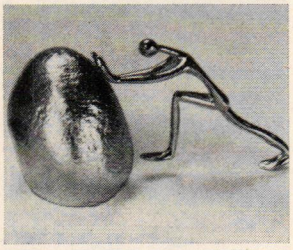
NAVAJO REPLICA

Harmonious blend of ivory ground with rust, gold and brown accents. 2′ by 3′ $19.95; 3′ by 5′ $34.95; 4′ by 6′ $49.95; 6′ by 9′ $89.95 Ppd. Other designs, also Oriental and Scandinavian rya rugs in full color catalogue $1. Peerless Imported Rugs, GE-67, 3028 No. Lincoln Ave., Chicago, IL 60657.



THAT'S LIFE

Handsome paperweight depicting man's eternal struggle, sure to be appreciated by all. It's 22k gold electroplate on metal alloy base to prevent tarnish. Keep on desk or use two as bookends. 3½"h by 5½"w. $10 plus $1.25 post. Postamatic Co., HG677, Lafayette Hill, PA 19444.



YOU CAN BE A DOLL

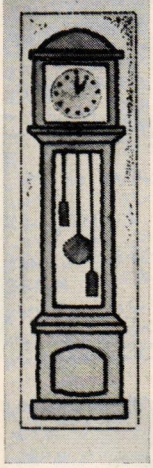
Have any photo reproduced as face on a delightful 27" rag doll. A unique, fun gift sure to be treasured. Send sharp, front face close-up photo. Color or black and white (will be returned). $19.98 plus $2 post. Write to Be A Doll Inc., HGE-67, 99 Prince St., New York, NY 10012.





GREEN PLANT SHOW OFFS

What a fun way to display growing plants or saucy bunches of blooms! Natural rattan lined with styrofoam for water retention. 9" by 9" by 5" frog; 7" by 9" by 5" elephant. Set of two, $7.95 plus $1 post. Send for catalogue, 25¢. Fran's Basket House, HG6, Rte. 10, Succasunna, NJ 07876.





COUNTRY STYLE

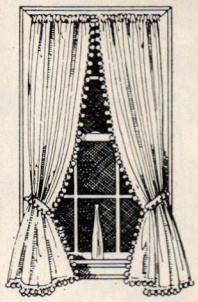
Butcher-block tables for small families or lots of company. 48" by 30" $167, 60" by 30" $187.50; 60" by 36" $205; 72" by 36" $226. Exp. coll. Also available in custom sizes. Catalogue, 50¢. Butcher Block & More, HG6, 1600 So. Clinton, Chicago, IL 60616.

HOOK RUG PROJECT

The grandfather clock design is so real-looking you might expect to hear it chime. Size 16" by 60" finished. Kit includes printed 100% polyester canvas, pre-cut 100% acrylic rug yarns. $19.95; latch hook $1. Add $1.25 post. Craftiques Needlecrafts, HG6, 146 W. 25th St., NY, NY 10001.

COUNTRY CURTAINS

Ball Fringe on Permanent Press

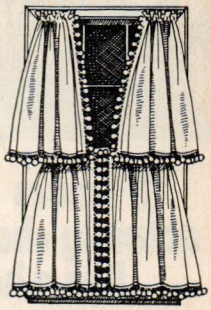


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20", 25" . . . . 6.50 pr.
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TIEBACKS
45", 54", 63" 9.00 pr.
72", 81", 90" 11.00 pr.

VALANCE
10" x 80" . . . 3.00 ea.

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Country Curtains are a tradition . . . years of old-fashioned quality and conscientious service to thrifty homemakers. Sturdy. Specially-made ball fringe is carefully stitched onto our 50% cotton/50% polyester blend . . . like real muslin but truly carefree. Natural or white. 90" wide per pair. *Please specify natural or white. Send check, money order, or use Mastercharge or BankAmericard. Sorry no COD's. Postage and handling: orders under $10 add $1.10, $10 and over add $2.00. Mass. res. add 5% sales tax. Satisfaction guaranteed.*

COUNTRY CURTAINS
AT THE RED LION INN
Dept. 63, Stockbridge, Mass. 01262

BUTTERFLY CHAIR COVER

Bright new chair covers in rich decorator colors of: Canary Yellow, Pumpkin, Blue, Lime, Black, Avocado & White. Super heavy 15 oz. water repellent cotton duck. Matching binding. Sewn with nylon thread for extra strength. Heavy vinyl outdoor furniture rain-covers also available.



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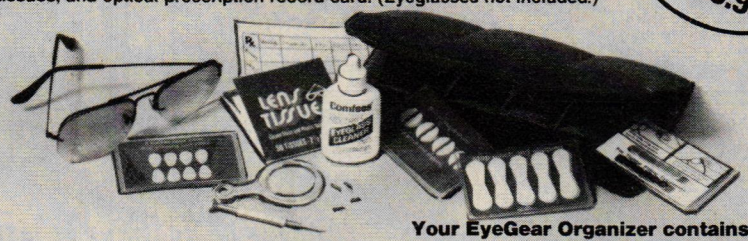
LEISURE HOUSE
HG6, Helen & Blade Sts., P.O. Box 16038
Cincinnati, Ohio 45216

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Enclosed is my check or money order for $_____.
Order 2 or more, and we'll pay the postage. N.Y. State residents add sales tax.

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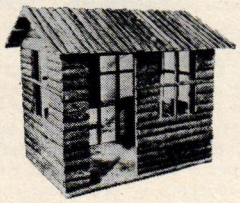
ALL-WEATHER FUN FORT



STURDY, REAL CEDAR WOOD FORT that will last for generations—used outdoors. A BIG 5′ x 6′ x 5′ has swinging gate, firing platform blockhouse and ladder. (Ideal for tree house, too!) **$68.95**

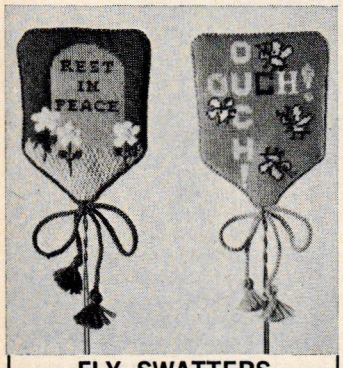
YEAR ROUND FUN HOUSE

Sturdy, real CEDAR WOOD LOG CABIN is an ideal "dream house" or "tree house" that lasts for generations of play—used outdoors 4′ x 5′ x 5½′—**$66.95**; 5′ x 7′ x 6½′—**$118.95**; with shutters and door—**$188.95**



All prices F.O.B. Camden, NJ
N.Y. State residents add 8% sales tax

Cedar Products, Dept. HG 88, Box 84, North Baldwin, NY 11510



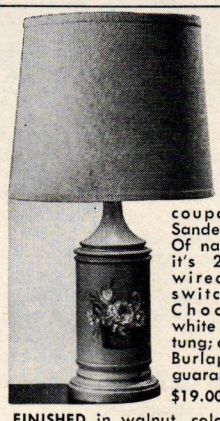
FLY SWATTERS

Fun to needlepoint. Pretty solution to a pesky summer problem. Each kit includes design on #13 imported canvas. Paterna Persian wool, fly swatter, washable vinyl backing, needle, and easy instructions.

Rest in Peace Kit **$3.95**
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Frog and Fly Kit **$3.95**
Any three kits **$10.95**

PLUS 75¢ POSTAGE & HANDLING
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THRIFTY & SMART!

Unfinished Decor Lamps

Large Drum Lamp is ready to antique, decoupage or stain. Sanded satin-smooth! Of native hardwood, it's 24" tall, fully wired with 3-way switch, 8-ft. cord. Choose shades: white or beige Shantung; oyster or brown Burlap. Satisfaction guaranteed!

$19.00 ea.* Unfinished

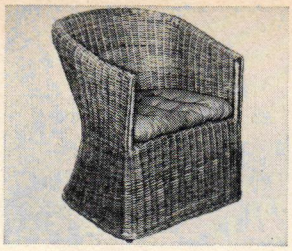
FINISHED in walnut, colonial maple, or in antiqued brick red, olive, mustard, Wedgwood blue. **$26.00***

(Add $2.00 postage; West of Rockies add $2.75 per lamp.)

FREE Color Brochure

18 different lamp styles, both finished and unfinished, plus unusual decorative accessories.

Baxwood Crafters
Dept. HG-76 P.O. Box 7012
LEXINGTON, KENTUCKY 40502



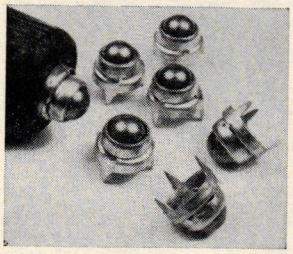
MEDITERRANEAN CHAIR

Handwoven of natural willow for casual elegance, comfort indoors or outdoors. 28" h. by 24" w. Seat 14" h. $69.95. Tufted foam rubber cushion with corduroy in gold, black, avocado, tangerine. $7.95. Exp. coll. Catalogue 25¢. Fran's Basket House, HG6, Rte. 10, Succasunna, NJ 07876.



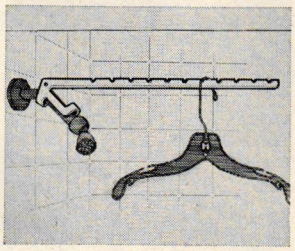
GROWING INTERESTS

A greenhouse can be a hobby or business venture. It can be a backyard size for vegetables or plants, or commercial (12′ by 12′ to 25′ by 148′) size. Double air insulated plastic. Start under $600. Details: call (615) 758-7044; or write Country Green Houses, HG6, Box 292, Hermitage, TN 37076.



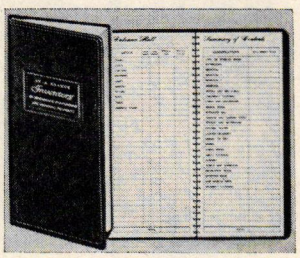
FURNITURE MOVERS

Pronged all-steel ball bearing casters make heavy pieces easy to move, and speed your house cleaning. Tap them into legs of beds, chairs, chests or tables. Won't mar floors or rugs. Four $2.98, eight $4.98 plus 50¢ post. Sloan-Peters Co., HG6, 160 Amherst St., East Orange, NJ 07019.



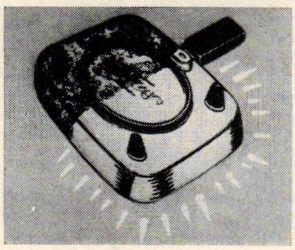
HANDY HANG-DRYER

For travel or home use, a sturdy dryer to hold all your washables is a great help. Hooks onto any showerhead, notched shaft holds 11 hangers. Steel construction, rustproof vinyl finish. $2.98; two $5.50. Add 50¢ post. American Century, HG67, P.O. Box 36232, Los Angeles, CA 90036.



KEEP TABS ON THINGS

The handy 72-page household inventory book that provides for room-to-room listing of furnishings and possessions. Invaluable for insurance purposes, or proving fire, theft losses, other needs, $2.50 plus 50¢ post. Two, $5 Ppd. Writewell Co., 877 Transit Bldg., Boston, MA 02115.



POT PRETTIER

Brush-on cleaner for aluminum, chrome, porcelain cookware, rotisserie and grills, 7 oz. can with brush. Dissolves carbonized grease encrusted buildup. Does not darken or pit. $3.98 plus 60¢ post. Write to Anthony Enterprises, HG6, 556 Mission St., San Francisco, CA 94105.



INSTANT HANGER

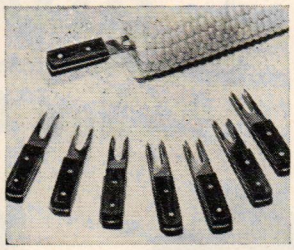
No installation tools needed, no mounting holes required. The hand-crafted "E-Z Up" plant hanger simply slips onto window trim. Can also be mounted with screw (included). Adjusts 7" to 10". Black or white. $3.98 plus 50¢ post. Dehart Products, HG6, Box 357, Stoneham, MA 02180.

COPPER ACCESSORIES



Letter basket and waste basket handcrafted of virgin copper. Individually drawn. Copper is antiqued then lacquered to protect surface. Waste basket, 14" h. $25; letter basket 5" $12. Ppd. Free catalogue of other items. Gregory E. Hentzi, HG6, 59 Brown St., Waltham, MA 02154

NEAT GRIP



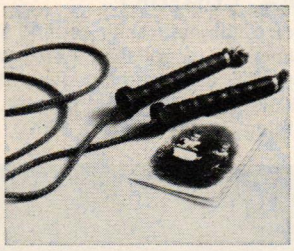
Attractive skewers of rosewood and stainless steel hold corn-on-the-cob efficiently so you can enjoy it without any messy or burned fingers. Box of 8, $1.98 plus 35c post.; 2 boxes, $3.50 plus 70c post. Order from Taylor Gifts, HG6, 355 E. Conestoga Rd., Wayne, PA 19087.

YOUR FAMILY CREST



Handsome hand-engraved rings. Choice of sterling silver, $90. 14kt. gold, $195. Ppd. Send coat-of-arms or have it researched. A splendid gift idea bound to become a prized keepsake. Free color catalogue. Order from Heraldica Imports, Inc., HG6, 21 W. 46th St., New York, NY 10036.

BOBBIN JUMP ROPE



Real bobbins from textile mills make splendid handles for jute plaited ropes just as they did more than 100 years ago here and in England. Ropes are 8' long. $2.98 each plus 50¢ post. Comes with history folder and rhymes. Lillian Vernon, Dept. G6E, 510 S. Fulton, Mt. Vernon, NY 10550.

PHOTO CANVAS



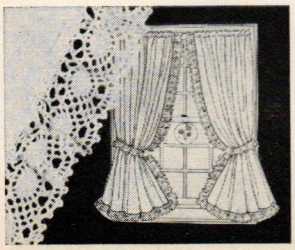
A truly distinctive art form to suit your individual taste. The color photo of pelican is transferred to a 11" by 14" artists canvas. It's stretched, then placed in handsome driftwood frame. $25 ppd. Write for free brochure. Art Fac Sanibel, HG6, Box 357, Sanibel, FL 33957.

GOLDEN IDENTITY

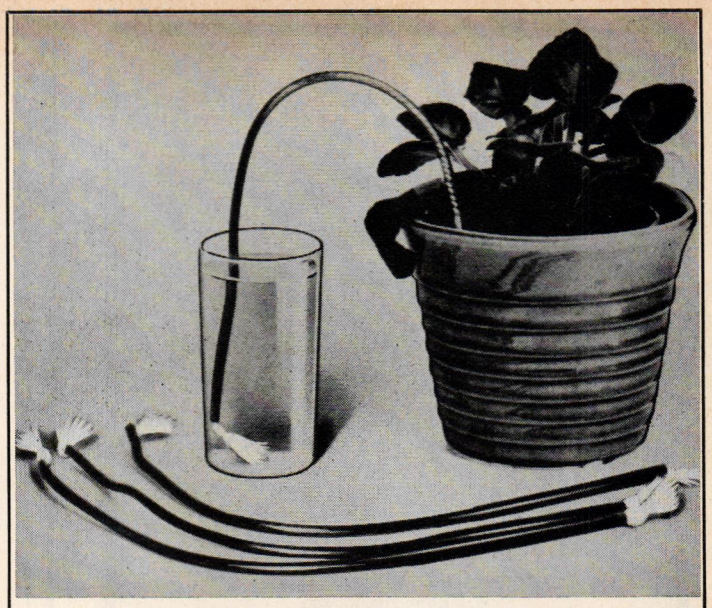


Address labels and initial envelope seals in gold with black lettering and script initials. Use for correspondence, checks, books. 250 1½" by ½" labels 20 letters per 4 lines; 125 seals, 1" by 1", $3.50, post. via 1st class 45¢; 3rd, 25¢. Bruce Bolind, HG6, Bolind Bldg., Boulder, CO 80302.

A TOUCH OF IRISH LACE



Two-inch ruffles on natural or white cotton/polyester curtains look fresh as a summer day. 90" w. a pair. 30", 36", 40", $11.25; 45", 54", 63", $16.50; 72", 81", 90", $19.50; 10" by 80" valance, $6.75. Add $2 post. Write for free catalogue. Country Curtains, HG62, Stockbridge, MA 01262.



WATER THIRSTY PLANTS WHILE ON A TRIP

Planning a trip but worried about your thirsty plants? Amazing wicks feed just right amount of water up to 8 weeks. Can be used all year around with all plants. Will not rot or mildew.

SET OF 4 PLANT NURSEMAIDS . . . . . $2.98 + 20¢ Mailing Each Set.
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No COD's or Billing *Add 6% Sales Tax in California*

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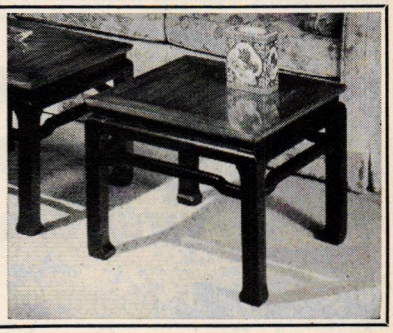
Anthony Enterprises Dept. HG-67 556 Mission, San Francisco, Calif. 94105

ORIENTAL BUNCHERS

Serenity and charm of the Orient is exemplified in these tables. Top is Primavera veneers and maple solids in a vibrant clear brown. Base is a deep nut brown. **$64.95** each. See catalogue for different finishes.

Top 20 x 20 H17

Shipping charges extra. No C.O.D. Send $1 for new catalogue



Bryan Robeson

Dept. HG-163
Route 10, Box 793
Hickory, N.C. 28601



$349.95
Hand-Carved Solid Mahogany Demi-Sofa

$69.95
Folding Victorian rocker

Romantic Victorian

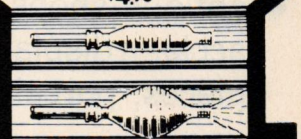
New way to save on authentic copies of "yesteryear" furniture. Shipped direct from factory to you, at cut prices. Vast choice of sofas, chairs, tables, clocks, dining & bedroom accessories. Also huge Eastlake OAK collection. Write for our 80-page catalog, which is TWICE the size of any other published. Use your bank card.

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Northridge, California 91324 Dept. HG-6

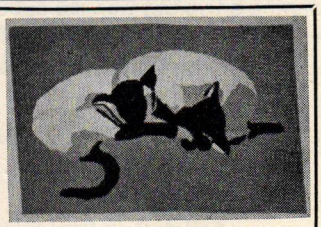
A BIT O' BRITAIN



The Classic Penbroke Table. (Circa 1781). Characterized by elegant simplicity with lovely and original drop leaf construction. In mahogany, completely finished to a rich, glowing patina. 19" high. 17"X17" top. $32 incl. shpg. The Kent Table. This original table (Circa 1768) of mahogany with a superb finish is unique and has a host of practical uses. 23" high. 12"X9" top. $32 incl. shpg. Both tables: $58 incl. shpg. Check or MC/BA. Send $1 for our color catalogue.

The Bombay Company
Box 52322/Dept. HG
5244 Magazine St. New Orleans, La. 70152

SLEEPING SIAMESE



13" x 19" on 12 mono canvas
Here's a pair of Siamese you will allow on the furniture! Sleeping curled together the kittens are handpainted in natural coloring on your choice of peacock blue, light emerald green or coral background. A large piece suitable for a floor cushion or little hearth-side rug. $42.00

The Persian Cat inc.

Catalogue, 50¢
8116 Hampson Street, New Orleans, Louisiana 70118

"ANOTHER WORLD from ANOTHER CENTURY"

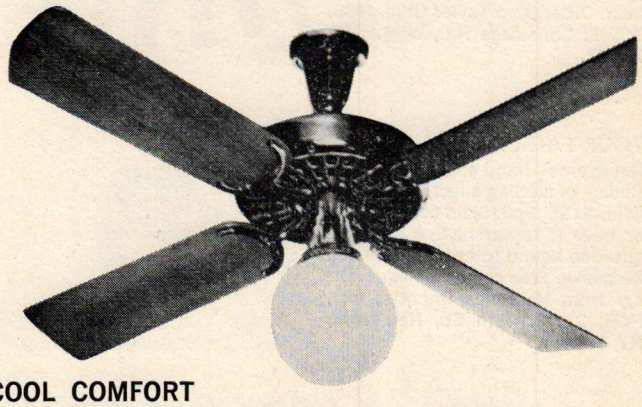
VIEUX CARRÉ

Discover the charm of New Orleans' famed French Quarter where iron-balconied buildings line streets abounding in—

- antique shops of international acclaim displaying precious period pieces, porcelains, Oriental art
- memorable restaurants serving superb French and Creole cuisine
- specialty shops with traditional New Orleans delicacies
- a myriad of clubs for devotees of classic New Orleans jazz

Shopping around

New Orleans



COOL COMFORT

Back to the natural air cooling system. Handsome Hunter ceiling fan in polished brass with wood blades. Two-speed motor. UL approved 52" dia. Without light, $389.95; with light, $408.95. Add $12 UPS shipment. For other models, write Lighting, Inc., HG6, Box 19903, New Orleans, LA 70179.



FRENCH MARKET BREAKFAST

Cafe d'Orleans Beignets, pillow-type doughnuts served hot with New Orleans coffee and chicory. A treat you can make. Package with two bags of doughnut mix, 1 lb. coffee, $9.60 ppd. Two bags doughnut mix only, $4.50 ppd. 1 lb. Cafe d'Orleans coffee and chicory, $5.85 ppd. Catalogue, 25¢. Creole Delicacies Inc., HG6, 533 St. Ann St., New Orleans, LA 70116.



ROSE JAR KIT

Recapture the lost art of making rose jars, sachets and potpourri. Kit includes two drams each of all three essential oils: rose, jasmin, and lavender, containing fixatives and herbs, in concentrated form. Fills up to ten pint jars of your own rose or other petals. $7 ppd. Free catalogue. Hové Parfumeur, HG6, 723 Toulouse St., New Orleans, LA 70130.





TURN OF THE CENTURY

Prim little miss and her beruffled brother might have stepped from great grandmother's photo album. Ready to needlepoint in black, white, beige, red on #12 mono canvas. Kits include 18″ by 14″ canvas, Paternayan Persian yarn. $40 ea.; pair, $75 plus $1 post. Catalogue, 50¢. The Persian Cat, HG-6E, 8116 Hampson St., New Orleans, LA 70118.

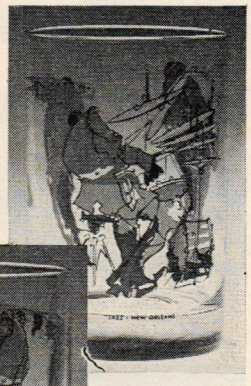
BRITISH CLASSIC

Magnificent reproduction of an English antique (c. 1720). A fine "bit o' Britain," the butler's table is solid 3/4″ mahogany, completely finished to lustrous patina. 24″ by 35″ by 18″h. Solid handforged brass hinges. $88 ppd. The Bombay Co., HG6, 5244 Magazine St., Box 52322, New Orleans, LA 70152.



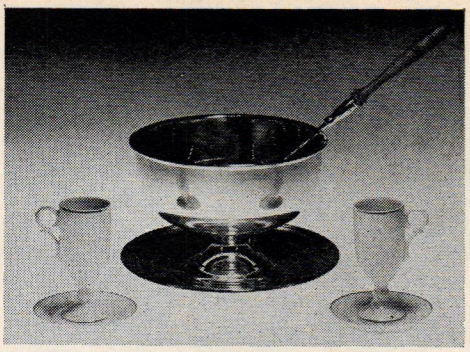
RAGTIME

Strike up the party à la New Orleans. Serve drinks in double old-fashioned glasses with sketches of jazz musicians. Artist Leo Meiersdorff catches the Bourbon Street beat with drummer, trombone and alto saxaphone players. Red and blue figures on 14-oz. glasses. Set of eight, $16 plus $1.50 post. Adler's, HG6, 722 Canal St., New Orleans, LA 70130.





CAFE BRULOT SET



Adler's
Café Brûlot Set
722 Canal
New Orleans,
La. 70130
(504)523-5292

Add 1.50 for postage and handling.

adler's

Café Brulot Set (Bowl, Tray and Ladle). For making Café Brulot, the flaming drink served so flamboyantly in New Orleans' famed restaurants and gracious homes. Silverplated bowl, tray and ladle (wooden handle). Original Café Brulot recipe included. Bowl, Tray and Ladle—120.00
Café Brulot cup and saucer—3.50

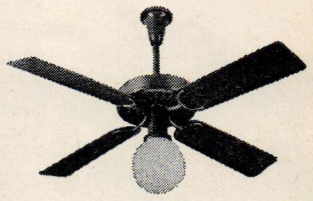


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Add $12. Shipping per fan.

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PARFAIT TOPPING
A superb sauce for confecting your own "Praline Parfaits"—the great New Orleans restaurant dessert. Fine also for cakes, waffles, etc. THREE 10 oz. jars. Postpaid:



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Assorted sun-ripened fruit in a preserve of incomparable flavor and quality. Assorted orange marmalade, kumquat, peach, blackberry and famous "Fraise de la Louisiane" strawberry preserves in selection of THREE 10 oz. jars. Postpaid:



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PECAN PRALINES
Delectable, creamy, plantation-style pecan confection made fresh to order. Box of 10 large pralines. Postpaid:



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canisters or caches!



Lovely in any room with any decor—here in a shape and size for every need! Traditional Oriental motif in vibrant red-black-white-gold, English-made of sturdy lithographed metal with tight-fitting lids.

8324 Hinged-Lid Canisters (at left). Set of 3 — ½, 1, 3 lbs., 3¾-8½" high. **1 Set $6.98**

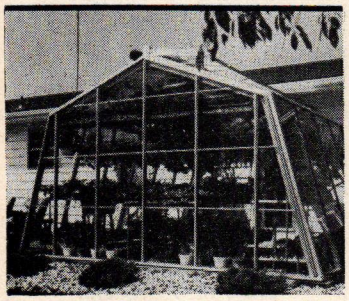
4635 Octagon Box (at right). Screw-on lid. 6" high. **$2.50**

4634 Low Box (right foreground). 8½x6x2¾" high, lift-off lid. **$2.98**

4636 All five—save! 1 Set $10.98

Add $1.00 postage & handling. NY residents add taxes

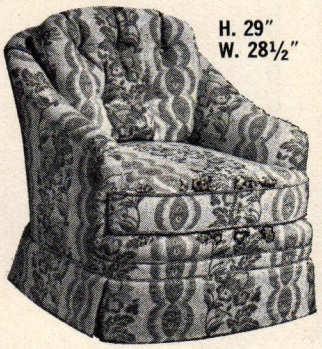
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The LOVE LADY chair gives "sitting" comfort and radiates eye appeal beauty. Zippered cushions are urethane foam & polyester fiber filled; seat cushion reversible.

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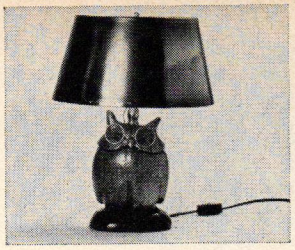
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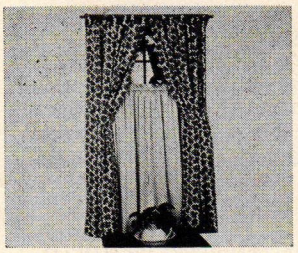
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THE HORCHOW COLLECTION



A WISE ONE

Hydrastone owl complete with sterling silver spectacles is a bright choice for reading. Antique pewter finish on base and shade. Takes two 40 watt appliance or 60 watt ball bulbs. Stands 11" h., $39.95 ea; two $75. Ppd. Jenifer House, HG6, Great Barrington, MA 01230.



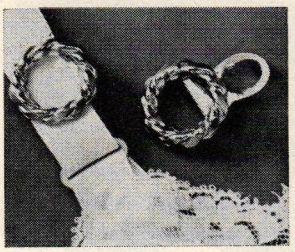
SASH AND TAB

Sash curtain to mix, match or go solo. In polyester/cotton, six colors. Teamed here in beige with tab curtain in tangerine *Stevens Plains* print by Waverly. 54", $44; 63", $50; 72", $52; 84", $60 plus $2 post. Free catalogue. Constance Carol, HG6, Box 899, Plymouth, MA 02360.



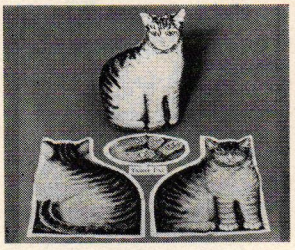
BUSY BRUSH

Versatile "Lintmaster" is used for removing hair and lint from furniture, carpets and clothing and for brushing pets as well. One turn withdraws bristles for simple cleaning. 3" w. by 6¼" l. Plastic. $2.98 plus 50¢ post. Paws 'n Shop, HG6, Birchwood Circle, Bedford, NH 03102.



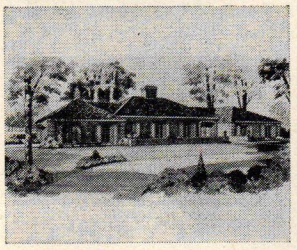
STRAP CLIPS

Gold-finished metal lingerie clips keep bra and slip straps secure in handsome fashion. A smart way to be sure that straps won't tumble down when wearing a low cut gown. 2 clips for $1.98 plus 20¢ post. Anthony Enterprises, HG6, 556 Mission St., San Francisco, CA 94105.



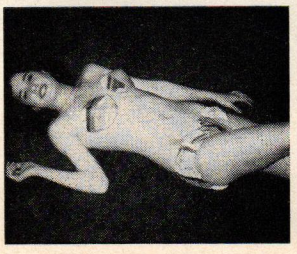
HOUSE PETS

Delightful antique cat adapted from early printwork patterns. Color-printed muslin with cutting marks, ready to sew into a life-size 14" cat. Stuff for pillow or fill with sand for doorstop. Fun and easy! $3.95, 90¢ post. Artisan Galleries, HG6, 2100 No. Haskell Ave., Dallas, TX 75204.



DREAM HOUSE PLANS

Illustrated is one of 230 plans of 1½" and two story houses in a book. Other books in series are: one-story over 2,000 sq. ft.; one story under 2,000 sq. ft.; multi-levels; vacation homes. $2.50 a copy; whole set, $8.95. Ppd. Home Planners, HGE76, 16310 Grand River, Detroit, MI 48227.



IN THE SWIM

Feel fabulous in a double knit polyester Sea Nymph. Strapless cups stay in place in water, no wires or bones. Four prints with red, blue, purple or pastels predominating. S,M,L. Specify color, size. $26 plus 50¢ post. Bleuette, HG6, 505 Fifth Ave., New York, NY 10017.

are you getting enough vitamins for your hair?



NOW THERE'S A SOLUTION FOR HEALTHY HAIR THAT'S BETTER THAN SHAVING YOUR HEAD. HEAD START VITAMINS.

Head Start is a vitamin and mineral capsule developed by Cosvetic Laboratories.

It's got the vitamins and minerals that major nutritionists believe are responsible for healthy hair in men and women alike. And in proportions suitable to what needs to be done to get your hair and scalp in shape. So if you're already taking ordinary commercial vitamins, by all means don't stop. They've got a job to do. But it's not Head Start's job.

Only Head Start has the proper vitamins and minerals in the right doses for the healthiest possible hair.

HAIR GROWS SEVEN TIMES FASTER THAN BODY CELLS.

A university study reports that the normal adult could be replacing each hair on the head as often as once every three to four years.

Therefore, hair must receive the same kind of specific dietary attention you'd give your body in general.

And according to another university report, the skin sheds cells from its surface all the time. Since the regrowth of the surface cells on the scalp is believed to be seven times faster than on any other part of the body, general nutrition—even though it may be good enough for proper nourishment of the skin—just isn't sufficient in this day and age to sustain growth of a healthy scalp.

What you need is a regular program to insure that your hair and scalp are healthy.

You need Head Start. It's as fundamental as taking a once-a-day vitamin.

AS YOU GROW OLDER YOUR HAIR NEEDS MORE VITAMINS.

Your circulatory system becomes less efficient as you grow older. And it's generally held that aging produces a slowdown in the blood flow to certain parts of the body. That's one reason you get wrinkles and other earmarks of old age.

But it can also contribute significantly to the tendency of men (and in some cases women) to begin to lose their hair—to go bald—as proper blood flow slackens.

The body's blood delivery system simply breaks down. The tiny capillaries that feed the surface of the skin just don't work as they did when you were younger. Circulation is poor.

And your hair—which still needs the same amount of nutrients it used to—starves to death.

Head Start can give you the help you need.

Because Head Start provides large doses of nutriments in a concentrated form. That way your scalp can receive more of what it needs.

LABORATORY TESTS INDICATE HAIR NEEDS CERTAIN VITAMINS AND MINERALS.

A prominent doctor who specializes in nutrition uses laboratory analysis of hair to determine vitamin and mineral deficiencies. And he says that the body is a factory, food is its fuel, and one of its products is hair.

Thus the richer the fuel in vitamins, minerals, and protein, the healthier the body, including the hair.

Medical researchers today are using the electronic microscope to analyze hair (magnified 1000's of times). When the hair is magnified certain mineral deficiencies can be detected.

In other tests, inositol, a hard to get vitamin, was recommended by a famous nutritionist to help balding men. And nearly every case reported that hair was no longer falling out.

And zinc gluconate and inositol are only two of "12" ingredients—each specifically included with healthy hair in mind—that make Head Start the perfect vitamin and mineral supplement for your hair.

HEADSTART WILL WORK FOR YOU OR YOUR MONEY BACK.

Head Start is not one of those magical baldness preventatives. It is just the vitamins and minerals designed for healthy hair and scalp. So, take advantage of our special offer in the coupon below, and try Head Start for 30 days.

If you feel the results are unsatisfactory, you can return the unused portion and we'll refund your money.



BRASIUM 273.
A new ingredient that makes Head Start an even better vitamin for your hair.

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HGH6-NZ

"I LOST TWELVE POUNDS, WITH THE ULTIMATE DIET SUPPLEMENT. THEN WHEN THEY MADE IT EASIER TO SWALLOW, I LOST SIXTEEN MORE."

I tried the product. And promptly lost 12 pounds. Now I'm a diet expert – having been on all of them – and I knew that weight loss will vary depending on the person, how fat they are and how much exercise they get. Twelve quick pounds is some weight loss, but frankly, I started to get tired of the diet. It wasn't because I got hungry or anything like that. It was mixing up all the powder, taking all pills, the mess, the bother and not to mention the taste. After 12, I called it quits.



THE NEW IMPROVED ULTIMATE DIET SUPPLEMENT WAFER.

Then, I found out that the Ultimate Diet Supplement has been improved. Now the whole shooting match is in a wafer form. It's a two bite wafer. And it tastes great – malt flavor. Plus they have a new diet plan for people like me who only need to lose another 10-30 pounds. With it I get the rapid weight loss of a modified fast without hunger. And I eat six ounces of meat or fish along with two salads and three ounces of cottage cheese.

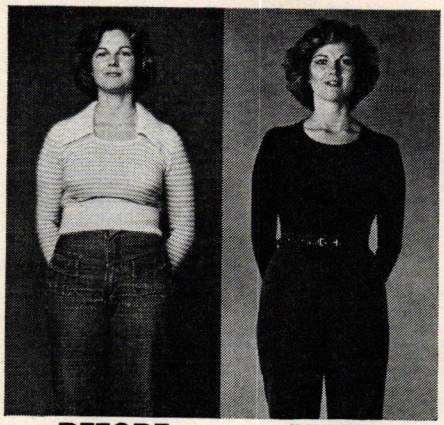
Until now all low carbohydrate protein supplements tasted like chalk. Good tasting protein supplements were all high in carbohydrates. If the protein supplement is high in carbohydrates, you won't lose weight quickly. And if you try to go on a fast without enough supplemental protein, you can have real problems.

Also, most protein supplements don't contain any of the vitamins and minerals or calcium and potassium needed by dieters.

The Ultimate Diet people solved all those problems at once with the Ultimate Diet Supplement Wafer. It's low in carbohydrates, high in protein and packed with vitamins, minerals and calcium and potassium.

Twelve good tasting Ultimate Diet Wafers a day in combination with six ounces of the meat or fish protein that Nature does best, provide you with all the protein needed. Those twelve wafers are easy to carry, and full of the vitamins and minerals other diets don't give you. The Protein Sparing Modified Fast is one of the most rapid forms of weight loss known. Now with the Ultimate Diet Wafers you can lose pounds quickly, easily and tastily.

There are just a couple of points to remember.



BEFORE **AFTER**

1. PROTEIN.

Be sure to use all of a day's Ultimate Diet Supplement Wafers and eat all that's allowed on the supplemental program. Your body requires a total of 75 grams a day of protein.

2. VITAMINS AND MINERALS.

They are ultra-important. The Ultimate Diet Wafers contain 20 different types. Don't try a diet without them. The Wafers also contain calcium and potassium which people on a modified fasting diet require.

3. WATER.

On the modified fast, I learned that I was "washing my troubles away." Most of my weight loss was flushed from my body as waste material through the kidneys. That requires water, lots of it – 10 to 12 glasses a day. (It was really easy when I spaced them throughout the day.)

4. DOCTOR.

I knew that being overweight was just like being sick. I was unhealthy. And since I was in an unhealthy condition, I went to see my doctor before I started the diet. He told that if I had "gout," "uremia," or if I was pregnant, I should not start the diet. Since I checked out okay, he gave me his go-ahead. Following the simple rules of the Ultimate Diet Supplement made a modified fast not only possible and tasty but actually down right easy.

There was nothing to measure, nothing to stir-up. Nothing to count but the weight I was losing. All the exact portions have been figured out for me. The protein, carbohydrates, the vitamins and minerals, and the calcium and potassium.

All in an easy-to-take wafer form.

It worked for me. It can work for you. (Frankly, I've got another 7-10 pounds I really need to lose, and I am going back on the diet next week. It's really nice to know that there is a diet plan that you can stick with that works, and can always go back to and lose any extra pounds you might put back on.)

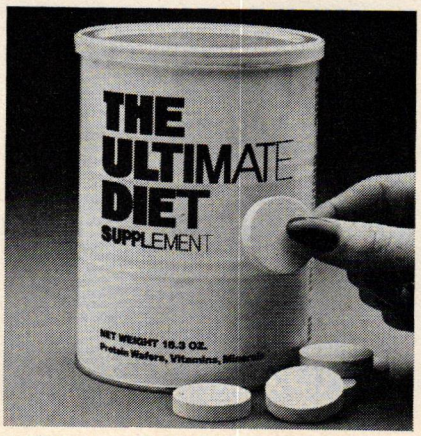
DOCTOR DESIGNED FOR OBESE PEOPLE.

For the people with more than 30 pounds to lose (like me before going on the Ultimate Diet) a program using 24 Ultimate Diet Supplement Wafers a day has been designed by a doctor. It provides everything your body needs for a complete modified fast. So if you need to lose over 20 pounds fast, all you need is 24 wafers and 2 salads a day – plus your doctor's approval. (Anything that is good enough to knock off 50-100 pounds is a breeze when you've only got 10 to go like me.)

The sooner you send for the Ultimate Diet Supplement Wafers, the sooner you can get on your own modified fast. The sooner you do, the sooner you can expect help in changing your life – you have only those excess pounds to lose.

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Please rush me The Ultimate Diet Wafers.
☐ I would like the 3 day diet at $9.95
☐ I would like the 1 week diet at $19.95
☐ I would like the 2 week diet at $34.95
Plus $0.75 for postage and handling. I understand that if I am not completely satisfied I can return for complete and prompt refund.

Name _____

Address _____

City _____

State _____ Zip _____

I enclose my ☐ check ☐ money order

Please charge to my: Card Expires _____

☐ Master Charge ☐ BankAmericard

Please fill in your Account No.

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The Ultimate Diet
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Atlanta, Ga. 30319

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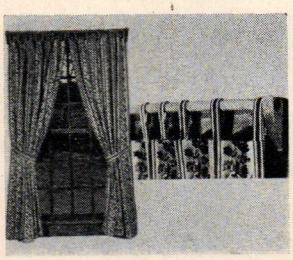
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PLANT MISTER



Watering and misting of flowers and plants is done in one operation with 50′ vinyl hose, watering wand, misting attachment. Snaps on any faucet; push button control, water pressure control. $12.95 plus $1.50 post. R & B Enterprises, HG6, 8276 W. Norton Ave., Los Angeles, CA 90046.

TAB TRADITION



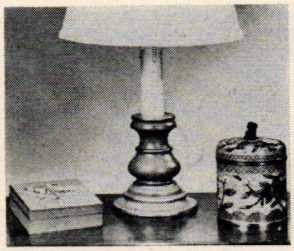
Today, as in colonial times, tab curtains add charm and grace. Waverly Meissen stripe, red, blue, green or gold. 80″ w. per pr. 45″ l. $27; 54″ l. $30; 63″ l. $34; 72″ l. $36, 84″, $43. Add $2 post. per order. Catalogue free. Swatches, $2. Constance Carol, HG6, Box 899, Plymouth, MA 02360.

NEVER TO RETURN



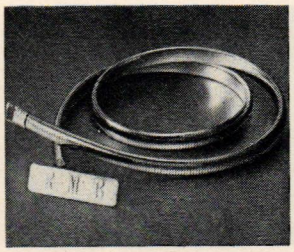
For the female who has unwanted hair on face, arms, legs, we propose Perma Tweez. Battery operated device removes hair permanently and with professional results, does not puncture skin. $19.95 ppd. General Medical Co., HGE-68, 1935 Armacost Ave., W. Los Angeles, CA 90025.

CANDLESTICK LAMP



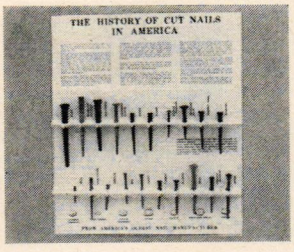
Be creative, antique, stain, or decoupage hardwood candlestick base. Instructions. Shade in white or beige shantung; oyster or brown burlap. Lamp 21″ H. $15.75 plus $2 post. W. of Rockies, post. $2.75. Free brochure. Baxwood Crafters, Dept. PHG-76, PO Box 7012, Lexington, KY 40502.

SNAKE CHARMER



Gold-finished solid brass chain clasped by gleaming personalized plate. A belt to go with casual or gala fashions, stretches for smooth comfort. Print initials. One size fits waists from 24″ to 32″. $8.98 plus 60¢ post. Lillian Vernon, G6E, 510 So. Fulton Ave., Mt. Vernon, NY 10550.

CRAFTSMEN'S DELIGHT



Wall-mounted card with 20 varieties of cut nails is a ready reference for craftsmen and history buffs. Includes also a history of nail making and descriptive material on nail uses. The sample set, $3 ppd. Write to Tremont Nail, HG6, Box 111, Wareham, MA 02571.

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Two-positioned contoured chair. Tubular frame, heavy duty duck. green, citron, terra cotta, royal, avocado, brown, black, white. $65 plus $10 shpg chg. New covers, $29.95 plus $1.95 post. Set springs $15, post. $2.25. The Patio, HG6, 550 Powell, San Francisco, CA 94108.



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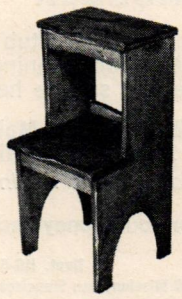
*Patent #2 958 872 ESTABLISHED 1898

the Hadley Two Step

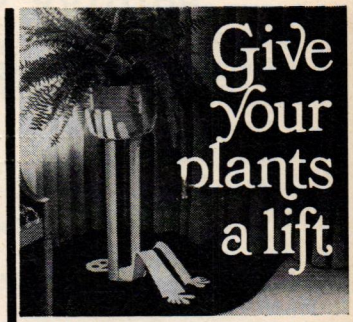
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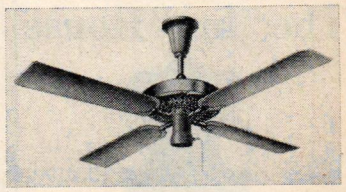
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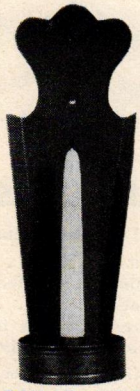
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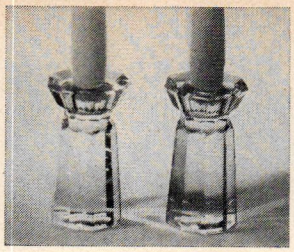
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564 Limekiln Pike, Chalfont, Pa. 18914

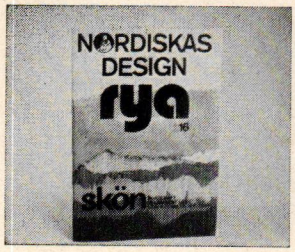
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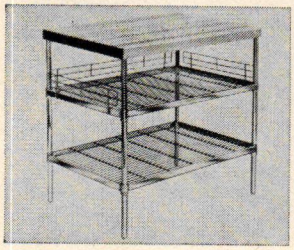
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Exquisite candleholders imported from Argentina to grace an elegant dinner table or sparkle from a shelf of decorative objects and books with fine bindings. 3¾ inches high. $30 a pair plus $2 post. The Crystal Gallery, HG6, Box 5044, FDR Post Office, New York, NY 10022.



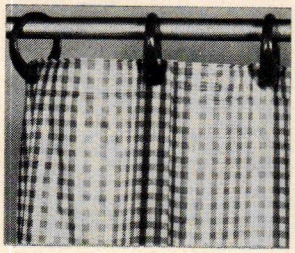
RYA ARTISTRY

Brand new catalogue, #16, presents striking new designs from Sweden. Complete kits of rugs, cushions, and wall hangings that turn into lifetime treasures for your home. Send $1 for beautiful color catalogue. Write Skon, HG6, 53 Lambert Lane, New Rochelle, NY 10804.



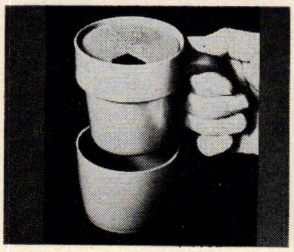
PANTRY TABLE

Chrome-plated steel and butcher block top, wire shelves. 34" h. For work, storage or bar. 24x18" $125; 36x18" $150; 48x18" $175; 24x24" $140; 24x36" $175; 24x48" $210; casters $30. Exp. coll. Catalogue $1. J & D Brauner, HG6, 1735 No. Ashland Ave., Chicago, IL 60622.



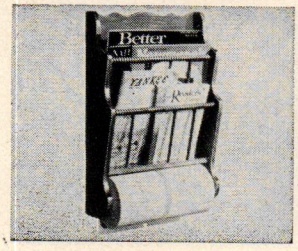
GINGHAM CHECKS

Vinyl shower curtain in red, gold, blue, green, pink, orchid, black. 6′ by 6′; tieback window curtains, 54" l. by 68" w; or cafe curtains with valance. $9.50 a set plus $1.50 post. Curtain alone $4.95 plus $1 post. Brochure, swatches, $1. Mather's HG6, 31 E. Main St., Westminster, MD 21157.



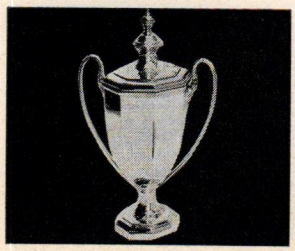
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Take that second cup of coffee in the car in perfect safety. Velcro plastic fastener anchors cup holder to any metal, plastic or carpet surface. Drink-through lid prevents spillage. $3.55 each; two, $6.35 Ppd. Sleepy Hollow Gifts, HG6, 6651 Arlington Blvd., Falls Church, VA 22042.



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Solid pine rack organizes reading matter in two smaller racks and holds two rolls of tissue as well. 11¾" w., 18" h., 4½" d.; antique pine finish. Dedicated bathroom readers find it invaluable. $12.95 plus $2 post. Yield House, Inc., G75Z, North Conway, NH 03860.

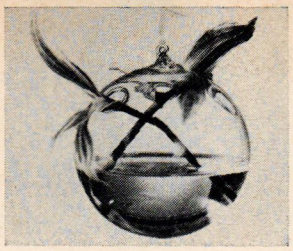


STERLING TROPHIES

Handmade sterling silver award trophies in 10", 12" or 14" sizes are based on Georgian period designs and available with fine engraving for titles and names. Write for other patterns and information. Jean's Silversmiths, HG6, 16 W. 45 St., New York, NY 10036.

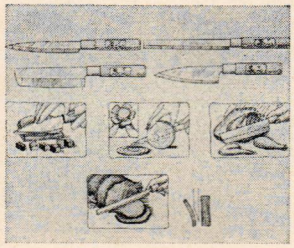
CUTTINGS ROOTER

Clear glass ball on a 48" hang cord is a marvelous container in which to root cuttings for new plants. Watch when ready to pot. Three holes permit cutting removal without harm. 3¼" dia. $1.98; 3, $5.75. Post., 75¢ ea. Lilly's Garden, G6E, 510 S. Fulton Ave., Mt. Vernon, NY 10550.



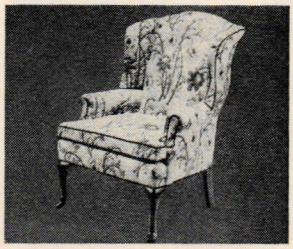
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Sharp, balanced Japanese tools used by Tokyo chefs. Stainless steel blades and magnolia wood handles. Set has 13½" carver, 12½" chopper-slicer, 12" cleaver, 10¾" utility knife. Four $9.98 plus $1 post. American Consumer, HJ-29, Caroline Rd., Philadelphia, PA 19176.



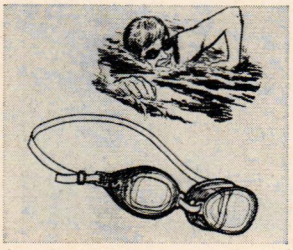
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Wing chair is superbly crafted of native hardwood. Seat cushion is reversible, zippered. Arm protectors. About 31½"w by 43"h. In various fabrics $192 to $311; or 6½ yards your 54" fabric $150. Exp. coll. Send $2 for catalogue/swatches. Hunt Galleries, HG677, Box 2324, Hickory, NC 28601.



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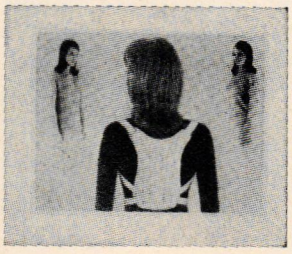
FRIVOLOUS FACTS

The Triviata book has hundreds of useless bits of trivia with which to amaze all your friends. They may not know an elephant is the only animal with four knees. Soft-cover book's 240 pages also include mirthful cartoons. $2.95 ppd. Miles Kimball, 100 Bond St., Oshkosh, WI 54901.



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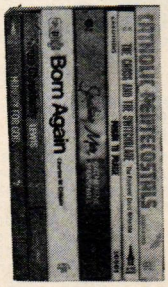
How to upholster, and upholstering supplies direct. Available is book with step-by-step guide showing how to upholster, from frame to the finished furniture. Book $4.99 plus 50¢ post.; price list only 50¢. Warehouse Homes and Interiors, Dept. HG6, Box 247, Cortland, NY 13045.



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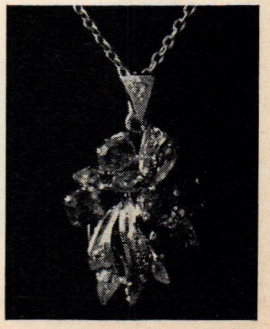
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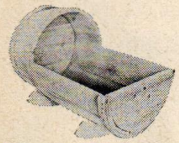
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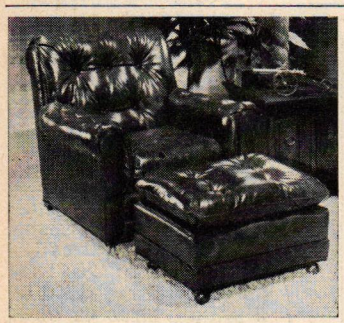
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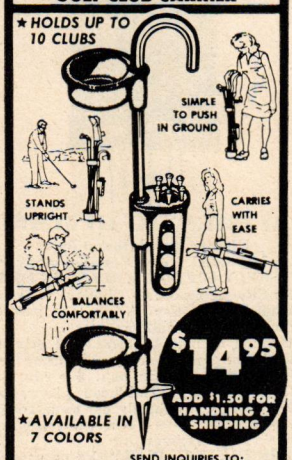
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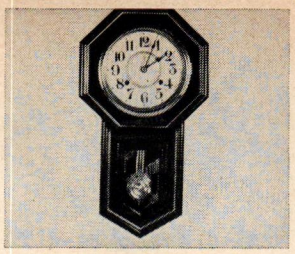
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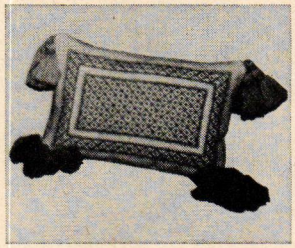
THE BUTCHER BLOCK

SHOPPING AROUND



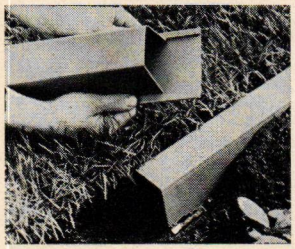
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First catalogue of genuine antique clocks circa 1900 is a joy to read. Includes many styles at very low prices. All are fully restored and in running order. Catalogue, $1, refundable with order. Write to Pony Express System, Dept. H65, 2986 Navajo St., Yorktown, NY 10598.



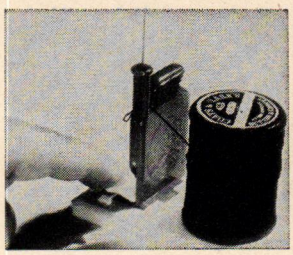
TOUCHES OF GOLD

Pillow to needlepoint, and crown with tiny golden beads in ivory or your color choice. Kit with design, beads, cording, $30 plus $1 post. From design collection spanning 2,000 years of art. Catalogue, plus stitch/design tips, $1. Jane Whitmire, HG6, 2353 S. Meade St., Arlington, VA 22202.



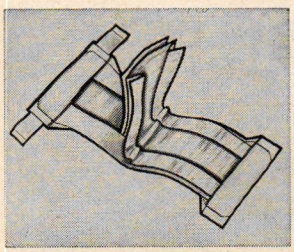
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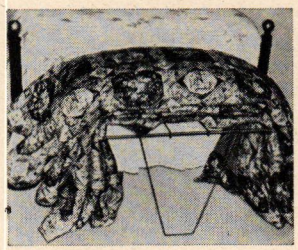
EYESIGHT SAVER

Do you find the eyes of needles growing smaller? Needle threader consists of a plastic funnel into which the needle is dropped, spindle to transfer thread to needle, blade to cut thread. $1.98 plus 30¢ post. Anthony Enterprises, HG6, 556 Mission St., San Francisco, CA 94105.



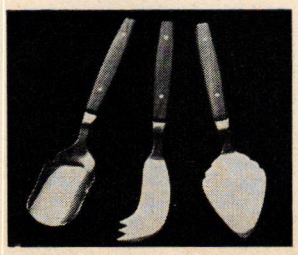
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Embarrassing moments avoided for children & adults when "Ever-Safe" is worn. Soft vinyl, Velcro® fasteners, weighs 7 oz. Order waist size. With liner, $7.95; extra liner, $3.95; 50 disposable liners, $8.95. Add 75¢ post. Ralco, Dept. 543, 1537 E. McFadden, Santa Ana, CA 92705.



SECRET SPREAD REST

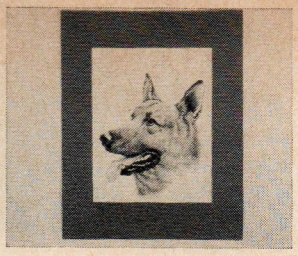
What a great idea! A caddy that hides beneath mattress of beds with low (or no) footboards. Slip it out at bedtime for a bedspread rack to simplify morning make-up. King, queen, double beds need two. $9.83 ea.; two $18.83. Add $1.55 shpg. Garrett's, HG6, Box 12274, Dallas, TX 75225.



CHEESE SERVER SET

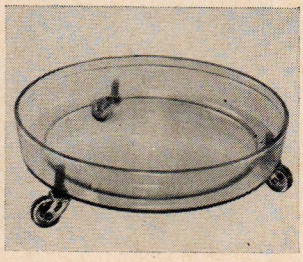
Trio designed for every type of cheese, from hard to spread to crumbly. Lovely rosewood handles with sturdy blades of stainless steel. An ideal gift, attractively boxed. Free brochure. Three in set $4.98 plus 61¢ post. The Mattson Shop, HG6, Box 11142, Philadelphia, PA 19136.

PET LITHOGRAPH



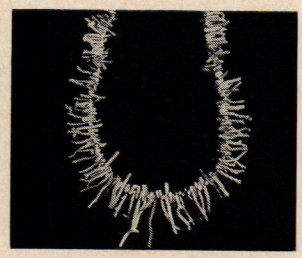
Stunning black and white lithographs of major breeds from pen and ink drawings by Lee Evans make handsome gifts for pet and show dog owners. Gray or white bevel cut mat. 13" by 14", $6.50 16" by 20", $11.50; post., $1. Catalogue, 50¢. The Tattered Boot, HG6, Lamont, FL 32336.

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RARE CORAL



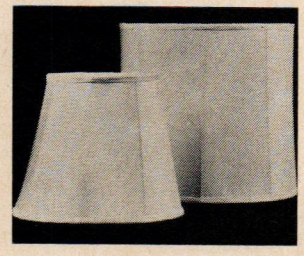
Stunning handmade 18" necklace of genuine red or white coral adds zing to any costume. The natural coral shapes are so interesting in texture and shape. Try it with simple linen dresses or blouses. Specify. $12.50 plus $1.25 post. Rarities, HG6, 256 South Robertson, Beverly Hills, CA 90211.

PRETTY TABLE PIECE



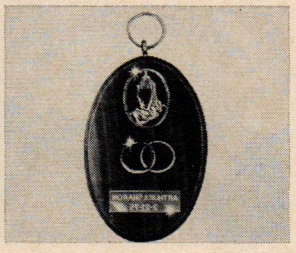
Charming small tureen of white ceramic, with pastel roses. Holds one quart, perfect for gravy, vegetable, chocolate sauce—even flowers. Goes well with other dinnerware. Tureen, lid, ladle $6.95 plus 70¢ post. each. The Added Touch, 12 H Water St., Bryn Mawr, PA 19010.

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Replica of Durer's praying hands are engraved in gold on a solid walnut plaque 3" by 5" with brass ring to hang. Linked wedding rings and names of couple plus date make it a cherished memento. $4.98 plus 50¢ post. American Consumer, Dept. AY-51, Caroline Rd., Philadelphia, PA 19176.

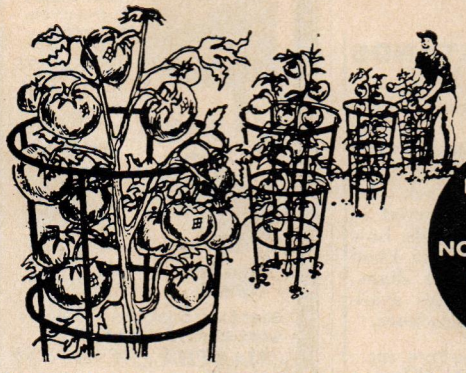
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NEW EASY WAY GROWS TWICE AS MANY TOMATOES IN HALF THE SPACE!



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Curtain Corner

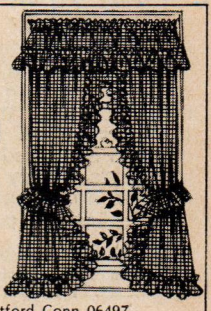
24"	6.50
30"	7.00
36"	8.00
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63"	11.50
Valance	4.50
Ties (pr.)	1.00

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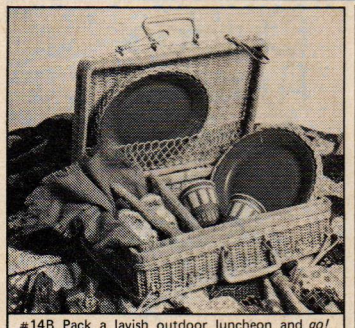
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Colonial Classic Catalog *free on request!*

CURTAIN CORNER • Paradise Green, Dept. G6, Stratford, Conn. 06497



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No more flimsy, hard to hold paper plates! These natural rattan woven holders are 9½" in diameter and give firm support to standard size paper plates. They can also be used for serving hors d'oeuvres. Set of 12: $7.95 postpaid.
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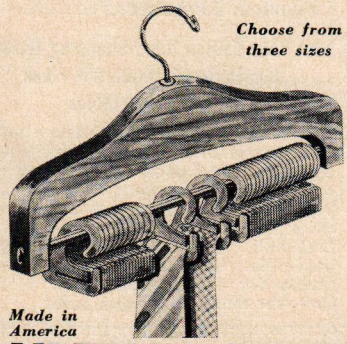


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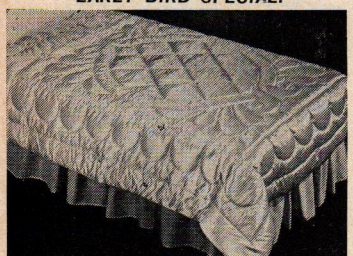
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Quality Gift Catalog, 25¢

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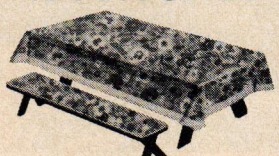
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Send 50¢ for complete color catalog of pool and patio accessories.

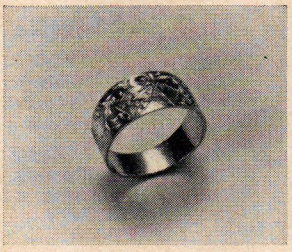
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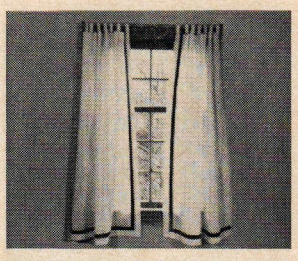
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Monogram deeply etched in the glass of a distinctive mirror, 10" by 16". In a chrome-finish aluminum frame. $29.95 (with 3 initials); extra letters, each $2.50; gold-filled letters, add $5. Add $3.50 post. Cherrydale Design, Dept. S. A., 1908 No. Nelson St., Arlington, VA 22207.



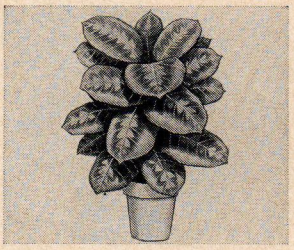
ETERNAL LINK

Bride and groom's coat of arms, linked by helmet and mantle, hand-engraved on a wedding band of 14K gold. 10mm wide. Send drawings for both names or request coat-of-arms research. $155 ppd. Write for free color catalogue. Heraldica Imports, HG6, 21 W. 46th St., New York, NY 10036.



TAB CURTAINS

Permanent press natural color muslin or white polyester/cotton. Grosgrain trim in wine, moss green, navy, gold or brown. 80" w. pr.: 45", 54", $22; 63", 72", $26; 84", 90", $31. $2 post. Free color catalogue, write to Constance Carol, HG6, Box 899, Plymouth, MA 02360.



PRAYER PLANT

Fascinates all ages. Variegated green leaves close at night as if in prayer to reveal deep red undersides, open wide to greet new day. Well-rooted in 2½" pot, thrives almost anywhere. $1 plus 35¢ post. American Consumer, Dept. PRA-96, Caroline Rd., Philadelphia, PA 19176.



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PLATING RENEWAL

Deposit new silver on copper, brass or bronze where the original plating has worn away. Use Silver Plus to polish sterling but it does not deposit new silver on sterling pieces. 4 oz. bottle. $5.98 plus 65¢ post. Anthony Enterprises, HG6, 556 Mission St., San Francisco, CA 94105.



GUIDE TO A NEW YOU

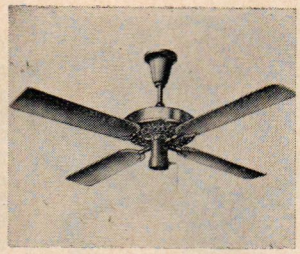
"Think Thin" is a '70's way to good health and good looks with a calorie counter and menu planner plus two memo pads, pencil, all in vinyl book with name engraved on brass plate. $4.98 plus 60¢ post. Print name. The Country Gourmet, G6E, 512 S. Fulton Ave., Mt. Vernon, NY 10550.

PROUD PLUMAGE



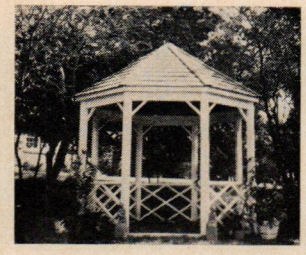
Striking wallhanging for crewel embroidery and applique. Design stamped on brown ground to work with basic embroidery stitches. Colors: orange, red, turquoise and lavender, 20" by 26". Kit order #1019. $14.95 plus $1.50 post. Skon, GE6, 55 Lambert Lane, New Rochelle, NY 10804.

CEILING FAN



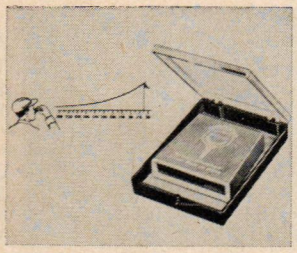
Natural air cooling. Adaptair adjusts angle of blades (on 52" only). 2 speeds. 5 yr. guarantee. 36" fan with wood blades, $169. 52" fan with adaptair lever $279; without, $239. Light Adapter kit $16. Send 25¢ for brochure. The Ceiling Fan Gallery, HG6, Indian Neck Lane, Peconic, NY 11958.

OUTDOOR GEM



An ornamental gazebo for the back yard, lawn or pool area is within one's reach. Send $6 for complete plans, materials list and instructions for open and closed models. Ppd. Shown, 9'8" dia., 12' h. with wood lattice. Country Charm Gazebo, HG6, 709 Timberline Dr., Joliet, IL 60435.

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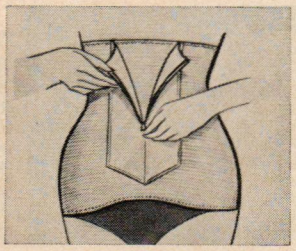
Answer to a golfer's prayer is the range finder that's sure to help knock off three to five strokes. 2¼" square, weighs 2 oz., it fits in pocket. Look through rear aperture, line up the flag, scale gives distance. $8.95 ppd. New York's Gifts Unlimited, HG6, 1891 Bergen St., Brooklyn, NY 11233.

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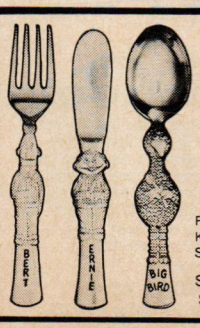


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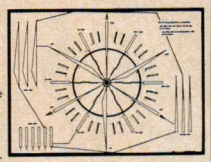
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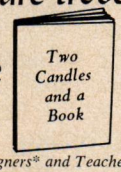
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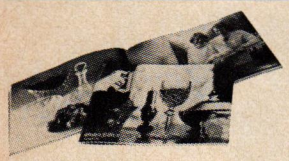


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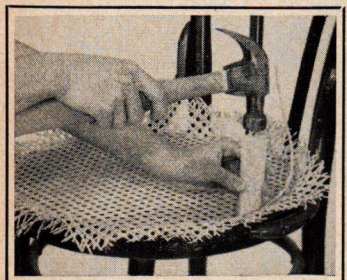


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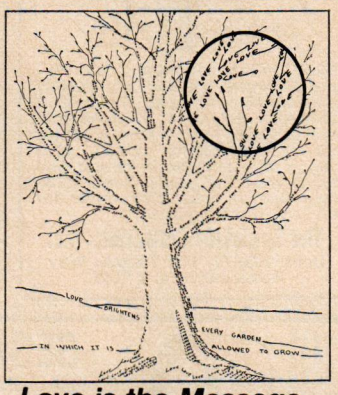
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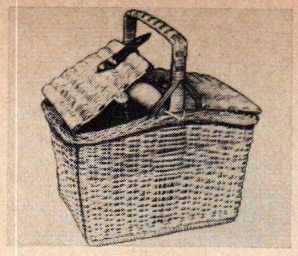


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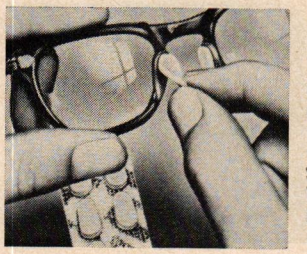
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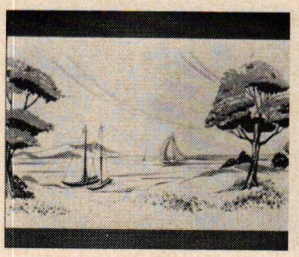
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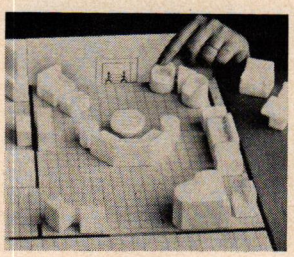
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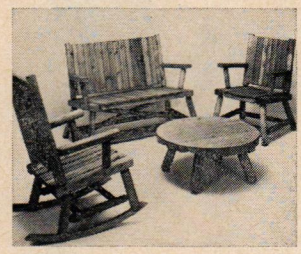
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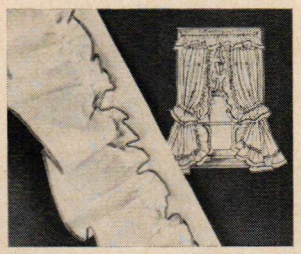
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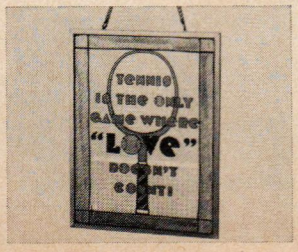
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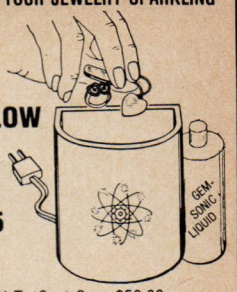
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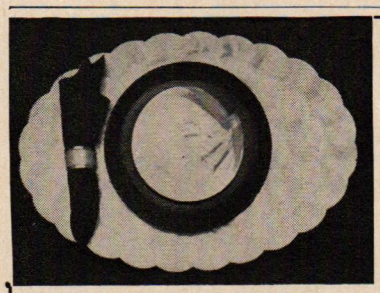
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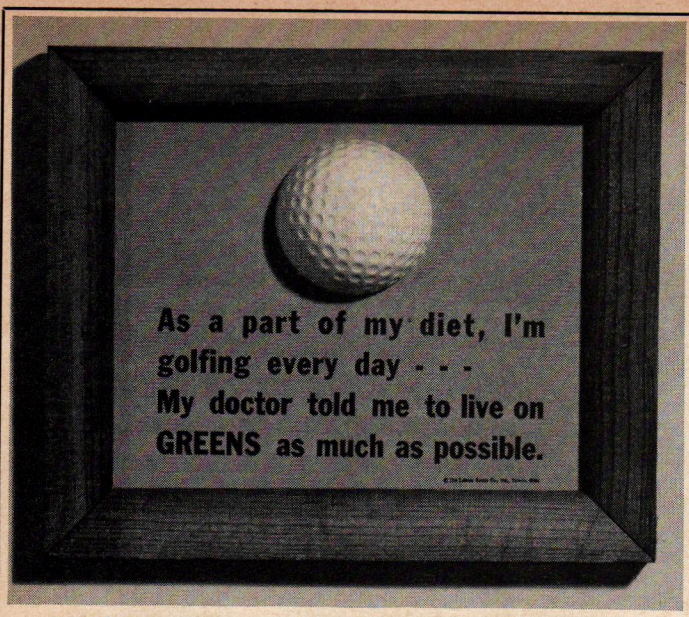
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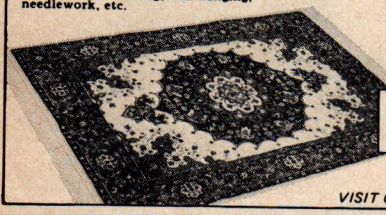
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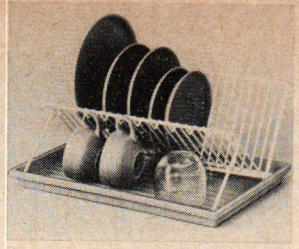
Famous **HOME STUDY** course. Individual program prepared and supervised by prominent N.Y. designers. Lessons cover **Textiles; Furnishings; Room Arrangement; Color Harmony; Period and Modern Furniture; Antiques; Rugs and Floor Coverings; Wall Treatments; Wall Papers; Draperies; Lighting; Pottery; Porcelain; Glass; Accessories.** Details on how to set up your own business. Illustrated lessons, complete with samples of fabrics, colors, etc. Certificate awarded.

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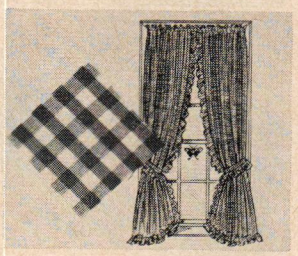
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Please send me (no obligation)
Catalog C21

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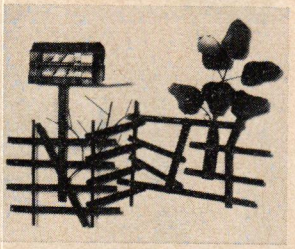
DISHWASHER'S DELIGHT

Adjustable fold-away rack and ribbed drainage tray are convenient when there's no electric dishwasher. White vinyl coated drainer for 22 dishes, 12 cups; 16½" by 11¼" tray. $7.98; two, $14.98. Add $1.40 ea. post. The Country Gourmet, G6E, 512 S. Fulton Ave., Mt. Vernon, NY 10550.



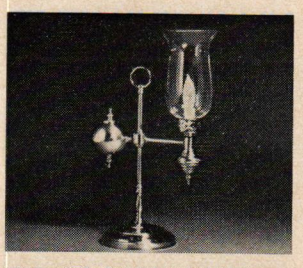
CHECKED GINGHAM

Cotton and polyester permanent press gingham with ¼" checks. Red, yellow, brown, blue or pink with white. 74" w.; 45", 54", $10 a pr.; 63", 72", $11; 10" by 74" valance, $3.25 each. Add $2 post. per order. Free catalogue, swatches. Country Curtains, HG6, Stockbridge, MA 01262.



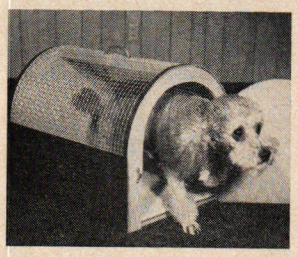
INDOOR SCENERY

Unusual three-dimensional wall sculpture depicting in metal a rural mailbox, tree and fence. Finished in a rich dark bronze. An arresting focal point in any room. 30" by 24" by 2½". $20 ppd. Send 25¢ for the catalogue. Fran Enterprises, Dept. C6, Box 1022, Columbia, MD 21044.



BRASS WHALER'S LAMP

Accent lamp with a clear glass hurricane chimney is a charming bit of Americana for today's living. 17½" h., 10" w.; chimney is 8". Lamp takes a 60 watt bulb, perfect for a small hall, ideal for a TV room. $22.95 plus $2 post. Order from Robelier, HG6, Box 183, Villanova, PA 19085.



TRAVEL COMPANION

Pet carrier with rustproof screening all around avoids that closed-in feeling. Inside: wall-to-wall carpeting! Pet carrier of pressed wood, three sizes: 9" x 16" x 12", $19; medium, 12" x 18" x 13", $28; 16" x 16" x 20", $38. Ppd. Turen, Inc., PC6, Etna Rd., Lebanon, NH 03766.

A BUTCHER APRON FOR HIM AND HER



Ribbon Regalia

In natural colored, crinkled-cotton, updated with red and green "status" striped ribbon. A handy party pal for you. A great gift for him! Machine wash. Tumble dry. No iron. One size fits all.

$13.00 each, 2 for $25.00

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Send for free color catalog.

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SOMETHING SPECIAL—The best dressed checkbooks in town are sporting the latest thing in cover-ups. Ideal for organizing and protecting your checkbook, you have a choice of THIS MESS IS A CHECKBOOK, FAMOUS BALANCING ACT, JOKE BOOK and SWISS ACCOUNT. The little price makes it affordable for only **$2.00** plus .25 handling.

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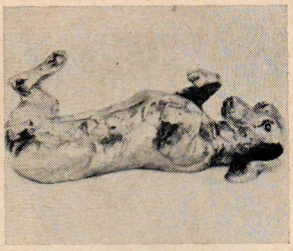
COLLECTORS' BELL

First edition of a 1976 New Year bell from a Leyendecker Saturday Evening Post cover. 8¾" h. Gold-banded; porcelain base and wood handle. Limited to just 10,000 sequentially numbered pieces. By Ridgewood China Co. $24.50 ppd. Edd, the Florist, HG6, 823 North Court, Ottumwa, IA 52501.



PLAYFUL PUP

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CASE FOR CASSETTES

Swedish designed ivory styrene case holds 32 cassettes in numbered slots with titles upright for easy selection. 12⅝" by 10½" by 3⅛" with hinged see-through lid, double handles. $14.98 plus $1.40 post. Lillian Vernon, Dept. G6E, 510 S. Fulton Ave., Mount Vernon, NY 10550.



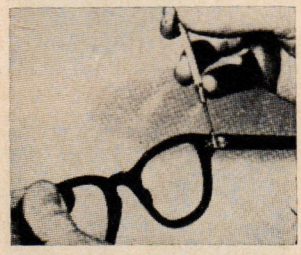
PARTY BALLOONS

You can add extra-special fun to a birthday celebration with colorful balloons personalized with the guest-of-honor's name. Each says: Happy Birthday, Jimmy (or any name) in black letters. Print first name. Ten in a pack, $1.49 ppd. Miles Kimball, 100 Bond St., Oshkosh, WI 54901.



FIX-IT KIT

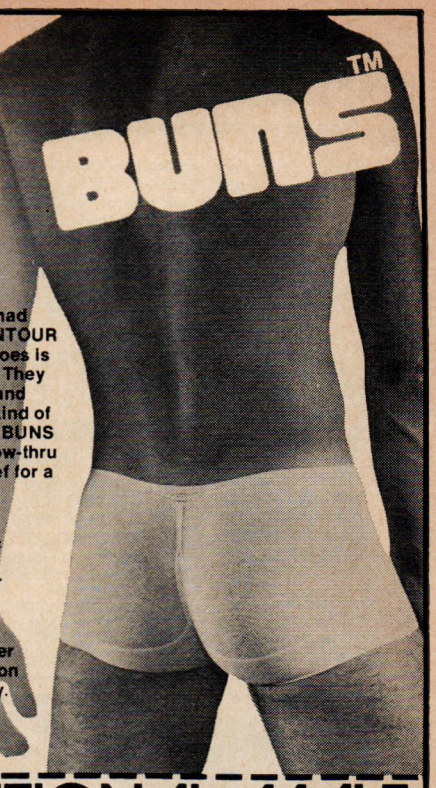
Oh, those miserable moments when eyeglass frames part company! To cope, a clever kit that helps get it all together: professional optical screwdriver and an assortment of tiny frame screws. $2.29 plus 30¢ post. Anthony Enterprises, HG6, 556 Mission St., San Francisco, CA 94105.



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ENDS THAT FLAT LOOK

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Because the stretchy fabric self-adjusts to your body— BUNS are the ideal brief for everybody.

One size fits all. Made of Nylon, Spandex, and another exclusive: Interknitted Cotton for comfort and absorbency. In White, Blue, Black and Nude Tan. 3 for just $11.

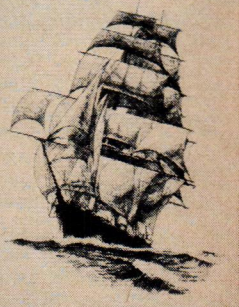
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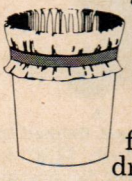
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The MINI II WATER PURIFIER is the most sophisticated portable water purifier. The MINI II WATER PURIFIER is guaranteed to render a maximum of 1,000 gallons of clear raw water, microbiologically suitable for emergency purposes. It is the only EPA registered water purifer on the market that will destroy bacteria *on contact*. Full instructions included. The cost is only 29.95 each. This product is particularly useful, due to its endless possibilities.

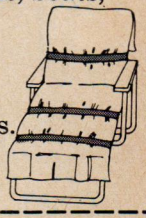
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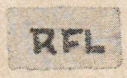
BFGoodrich Co., Engineered Systems Division, HG
P.O. Box 1618, Akron, Ohio 44318
Enclosed is $2.00. Please rush my six big job rubber bands.
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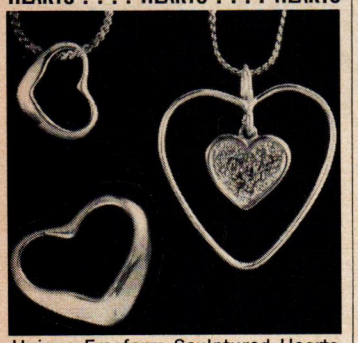
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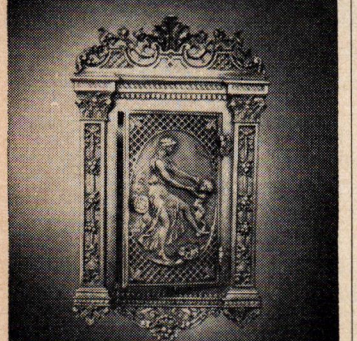
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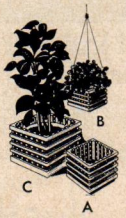


Classical European Design, hand-lacquered finish in black, pewter, verde green or antique white, $45.95. bronze-plated finish, $65.95. box measures 14"x23" with rear wooden mail container measuring 12"x8"x4".

Mastercharge or BankAmericard Accepted. Charge orders call (800) 824-5120. Op. 47. In Cal. call (800) 852-7711. Op. 47. or send check or money order to: Ryan's Originals, 2002 E. 7th Street, Joplin, MO 64801

Allow four to six weeks for delivery. Add $2.80 for shipping.

COUNTRY PLANTERS*



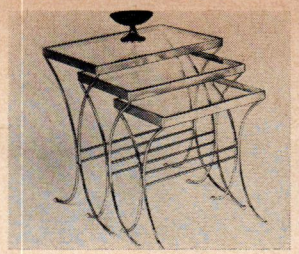
White Pine—Natural finished lattice boxes (walnut finish $2.00 extra.) Custom woods and finishes on request. Send 35¢ for idea brochure. Satisfaction guaranteed. Great for indoors and outdoors. Natural jute hangers included. Save by ordering complete sets.

SIZES	ASSEM	KIT
A 6 x 6 x 3½	10.95	8.95
B 8 x 8 x 5½	13.95	10.95
C 10 x 10 x 7¼	17.95	14.95
Group (A & B & C)	35.95	28.95

N.J. Res. add 5% tax—ppd.

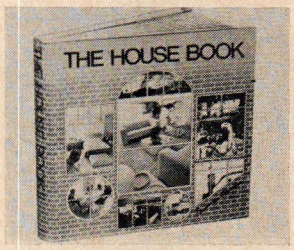
Designer's Touch
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***Plants Not Included**

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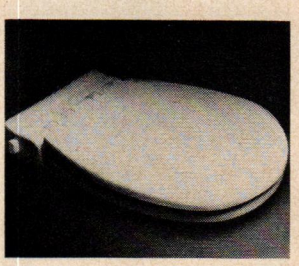
VERSATILE TRIO

So many uses for a set of nesting tables, singly, stacked or side by side. Sturdy metal, crystal glass tops. Largest is 21" high with 12 by 18" top; smallest is 17" high with 9 by 14" top. Specify Koch brass (B), or nickel plate (N). $89.95 ppd. Order # GNT-3 St. Nicholas Boutiques, HG6, Santa Claus, IN 47579.



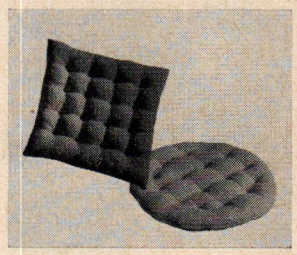
ALL ABOUT HOUSES

The House Book has 1,000 full color pictures of houses plus diagrams, drawings. More than that it has details of decoration, maintenance and repair as well as planning. Author is Terence Conran. 448 pages, $30 $1.25 per book per order. Crown Publishers, HG6, 1 Park Ave., N.Y., NY 10016.



SELF-CLOSING

The white "Polite Seat" closes quietly after toilet is flushed. Molded high-impact polystyrene. Fits virtually all elongated or tank types. No electrical, water main connections. Installs like other seats. $250 ppd. Polite Seat Co., HG6, 12 Wilmont Ave., White Plains, NY 10605.



TAKE IT EASY

Terrytuft toss cushions are soft and practical. 100% machine washable. Lemon, white, orange, turquoise, gold, green, also multi. Round, 15", $5.95; sq., 16", $6.95; 18" sq., or round, $7.95. Add $1.50 post, 50¢ each add'l. The Patio, HG6, 550 Powell, San Francisco, CA 94108.



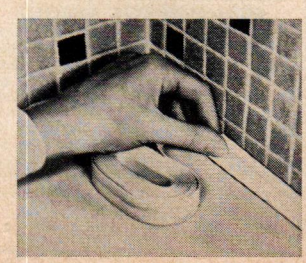
MATCH-COVER KEEPER

Ideal album for match cover collectors! Holds and displays 612 standard 1½", 2" and 3" sizes. 42 slotted 10" by 12" pages in handsome multiring leatherette binder. $7.25 plus $1 post; two $14.50 ppd. Send your order to Writewell Co., 868 Transit Bldg., Boston, MA 02115.



SQUIRREL'S DEFEAT

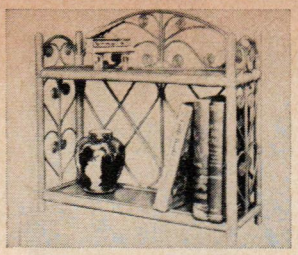
New repellent doesn't do harm to pesky rodents, yet it's guaranteed to keep them away—it does not hurt birds at the feeder or bulbs in the ground. Handy 10.5 oz. squeeze tube. $3.49 add 80¢ post; three, $9.95 add $1.25 post. World Garden Products, 6HGE2, Saugatuck, CT 06880.



GROOM THE BATH

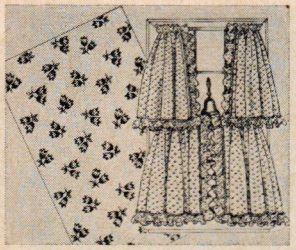
There is no need to have ugly cracks and openings around your tub, sink or basin. Seal them up with self-sticking tape. Merely press tape on clean, dry surface, 11 foot roll, $2.98 plus 50¢ postage. Order from Anthony Enterprises, HG6, 566 Mission St., San Francisco, CA 94105.

VICTORIAN TOUCH



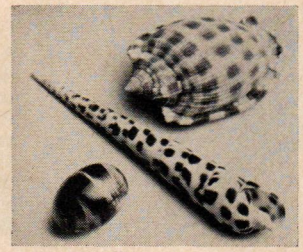
Wall shelf of handwoven natural rattan has two wood shelves for books, knick-knacks, beauty aids. 15″ by 7″ by 18″ h. With hooks. $13.95; painted white/pink/blue/green/orange/yellow/black, $3 extra. Add $2 post. Catalogue 25¢. Fran's Basket House, HG6, Route 10, Succasunna, NJ 07876.

BELL FLOWERS



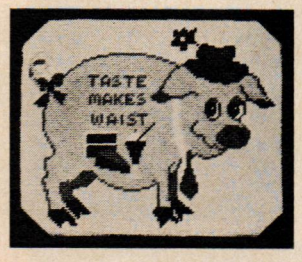
Crisp cotton-polyester; brown, red, blue, or green, on natural ground. 76″ w. per pair. 3″ ruffles. 24″, 30″, 36″; $8 pr. 45″, 54″, 63″; $12 pr. Valance, $4. Post. $2. Matching spreads, canopy, pillow sham, tablecloths. Free catalogue and swatches. Country Curtains, HG6, Stockbridge, MA 01262.

MARINE FANTASY



Tigereye 1″ egg $12. Subulate auger $1.90. Decussate bonnet 90¢. Add 75¢ post. each. Color portfolio with an illustrated catalogue of shells, minerals, fossils, display stands, books is now available for $1. Dover Scientific, HG6, Box 6011T, Long Island City, NY 11106.

NEEDLEPOINT ADVICE



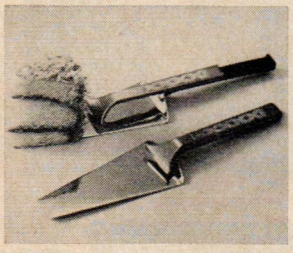
Fat little pig to work in needlepoint is a bright note for a dieter's kitchen. Kit includes design on canvas, wool yarns, needle, backing and magnets. 7½″ by 9″, $5.95 plus 60¢ post. Walnut finished frame, Size 8″ by 10″, $2.25. Victoria Gifts, 12H Water St., Bryn Mawr, PA 19010.

FEAST FOR BIRDS



A dripless hummingbird feeder with no drippy wasteful tubes feeds birds longer. Less work for you. Quart bottle has six non-drip "flowers" to lure the birds. Fill with sugar water, hang in a window. $4.59 ppd. Walter Drake, HG07 Drake Bldg., Colorado Springs, CO 80940.

ITALIAN SERVER



Clever design slides a portion of pie or cake onto plate very neatly without need for fingers. Polished 18/10 stainless steel, non-tarnish. Black ABS plastic sure-grip handle. Boxed. 9¾″ 1. $5.98 plus 50¢ post. The Country Gourmet, G6E, 512 So. Fulton Ave., Mt. Vernon, NY 10550.

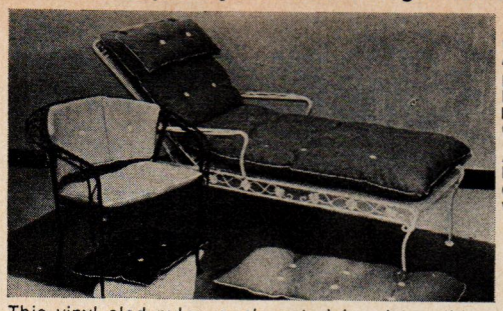
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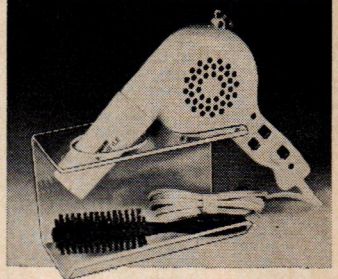
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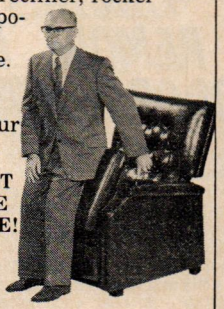
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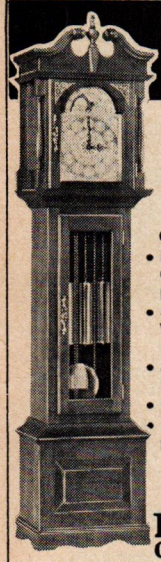
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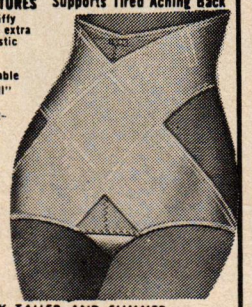
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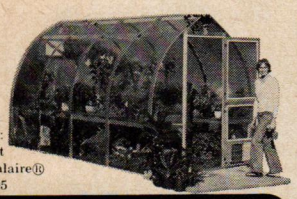
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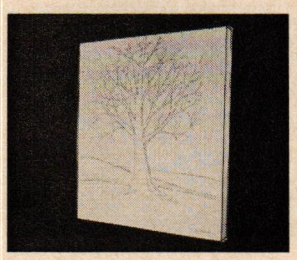
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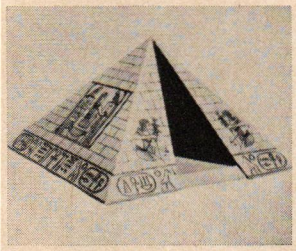
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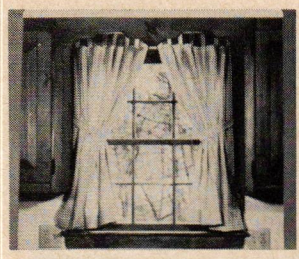
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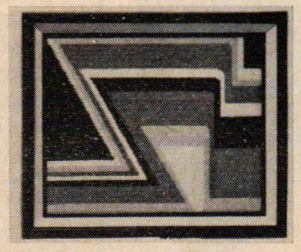
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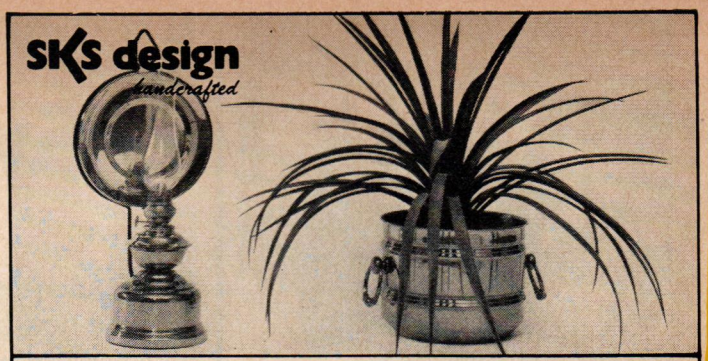
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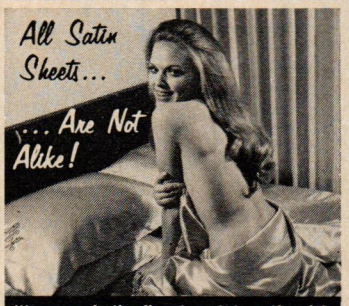
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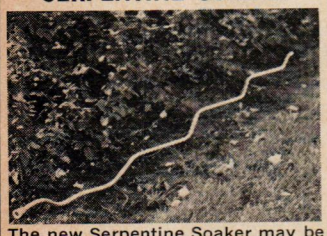
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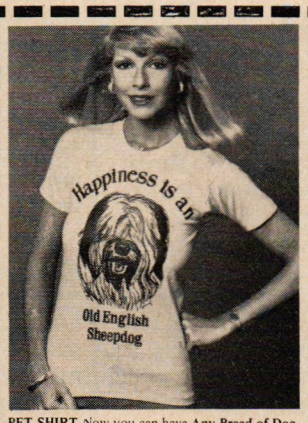
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■ GARDENER'S NOTES

Sweet scent of summer

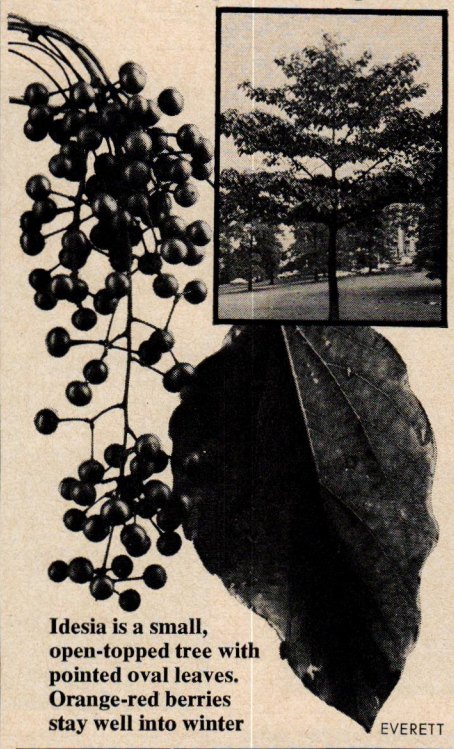
Roses and how to grow them year-round, a brand-new lawn mulching machine, plus news of an unusual berry tree



By James Fannin

Handsome tree for a sunny lawn

A decoration using *Idesia* berries, shown in our last Christmas issue, caused several inquiries from readers, most of whom had never heard of the plant, some of them even asking if the name wasn't a misprint. So it is a pleasure to report that our berries came from a real live plant, and that the name is really the correct one. *Idesia polycarpa* is a smallish Asiatic tree that has been grown in the United States for about 100 years. Hardy as far north as the New York City area, it has widely spaced branches and gray, beech-like bark. The oval leaves are a handsome shade of bright green. Clusters of sweet-scented flowers appear in spring, followed by orange-red berries that last well into the winter. Because of the widely spaced branches, *Idesia* throws little shade, makes an interesting accent on a sunny stretch of lawn.



Idesia is a small, open-topped tree with pointed oval leaves. Orange-red berries stay well into winter EVERETT

Plant power

Grow sugar beets to power your automobile? The idea is not as far-fetched as it may sound. For instance, in Brazil, alcohol distilled from sugar cane is regularly added to gasoline as a means of extending the nation's meager supplies of petroleum. The Brazilian government is also experimenting with cars that operate exclusively on alcohol, and it is estimated that enough sugar cane to power all vehicles in the country could be grown without seriously cutting into the production of sugar or other food crops. Any plant that contains sugar or starch—from corn to potatoes—can be fermented to make alcohol. It seems clear that plants could be a major source of energy in the future. After all, no mechanical gadget has yet been devised that can equal the efficiency of plants as collectors of solar energy.

Flower of the month

By tradition, June is the month of roses. But that does not mean that roses belong exclusively to June. With modern, long-seasoned varieties and the miniatures that bloom on windowsills during the winter, roses come closer to being flower-of-the-year than anything else. This means that instead of being confined to a for-roses-only bed, they may be used for a variety of landscape purposes. To give you ideas, the All-America Rose Selections has published a handbook titled *Roses are for You*, available free from All-America Rose Selections, P.O. Box 218, Shenandoah, Iowa 51601. And a definitive handbook of roses has been republished—*Rose Growing Complete*, by E.R. LeGrive (Faber paperbacks, $5.95). A classic among rose books, it goes into the history of roses and gives instructions for not only growing them to perfection, but exhibiting them to best advantage in flower shows.

Colorful compendium

Compiled by a panel of British experts, with English gardening conditions in mind, the *Reader's Digest Encyclopaedia of Garden Plants and Flowers* (distributed by W.W. Norton, $15) is so all-inclusive that it will be helpful anywhere on earth. There is an excellent glossary of botanical and horticultural terms, and the sections on pruning and propagation are practically encyclopedias in themselves. All plants mentioned are shown in color photographs. All in all, a new book of incomparable usefulness.

Vita's joyful gardening

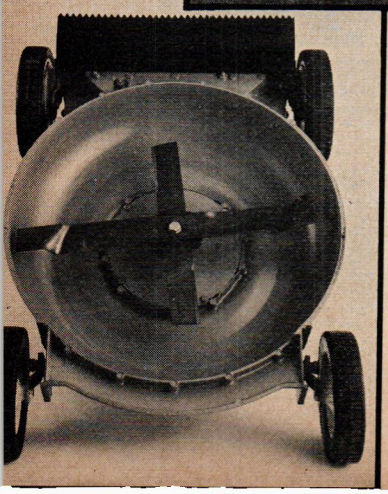
To Victoria Sackville-West, gardening was a fine art. As if that were not enough, she also developed her skill at writing about gardening into an art, and produced some of the finest garden books ever to appear. A selection of her writing was published in 1958, *A Joy of Gardening*, and has been reissued (Harper & Row, $7.95). Based on her experience at her beloved Sissinghurst, it is directed to the interest of American gardeners, contains such intriguing chapters as "The Advantages of a Thicket," "Killing Slugs Humanely."

Super new lawn mulching machine

All gardeners use mulch in one way or another, yet under the name "thatch" it is considered a nuisance by lawn enthusiasts. The reason for this seeming contradiction is that grass clippings, if left on the lawn, mat down without decaying, smother the grass roots, and keep rain from penetrating the soil. However, if the clippings are chopped finely enough they'll sift down between the grass plants and blend into the soil without causing any problem. A mower designed to do exactly this is now being produced. Instead of the usual single rotary blade, the Jacobsen Twin Blade Mulcher has two rotating blades, mounted on the same shaft but with cutting edges at different angles. Contained in extra-deep housing with no side outlet, the twin blades chop cut-off grass into fine bits and blow them down into the turf, where they can decay into humus. A self-propelled Jacobsen Mulcher is about $280 and a hand-pushed model about $219, from franchised Jacobsen dealers.



Paired blades of the Jacobsen Twin Blade Mulcher mower chop grass clippings finely enough to decay and create humus



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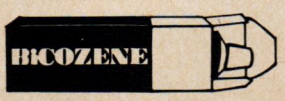
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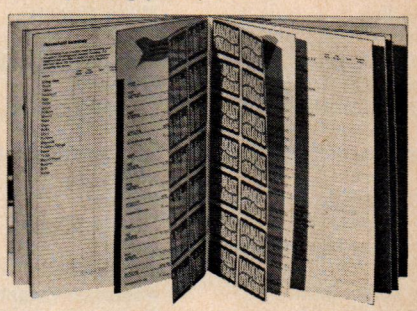
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